



## Polenta Cake with Bosc Pears

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 2.3 pounds bosc pears firm cored quartered
- 0.7 cup firmly brown sugar dark divided packed
- 2 large eggs
- 1.7 cups flour all-purpose
- 1.3 cups apples i use 2 granny smith apples peeled finely chopped
- 1 teaspoon granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 teaspoon lemon rind grated
- 0.3 cup butter softened
- 0.3 teaspoon salt
- 0.3 cup skim milk
- 0.3 cup water
- 0.3 cup cornmeal yellow

## Equipment

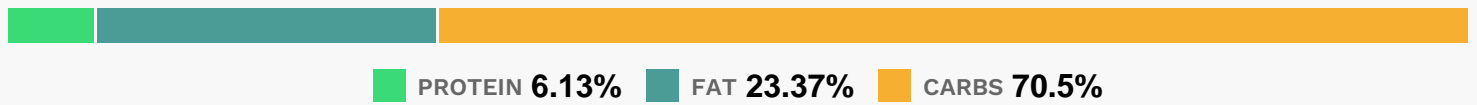
- frying pan
- oven
- wire rack
- blender
- baking pan
- cake form
- microwave

## Directions

- Preheat oven to 35
- Beat margarine and 1/3 cup brown sugar at medium speed of a mixer until well-blended.
- Add eggs, 1 at a time, beating well after each addition.
- Add milk and lemon rind; beat well.
- Combine flour and next 4 ingredients (flour through salt); add to creamed mixture, and beat well. Stir in chopped apple.
- Spoon batter into a 9-inch round cake pan coated with cooking spray.
- Bake at 350 for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes; remove from pan.
- Let cool completely on a wire rack.
- Preheat oven to 47

- Combine remaining 1/3 cup brown sugar, water, and cinnamon in a 2-cup glass measure; stir well. Microwave at high 30 seconds or until sugar dissolves.
- Combine pears and brown sugar mixture; toss well. Arrange pears, cut sides down, in a 13- x 9-inch baking dish.
- Bake at 475 for 15 minutes or until tender. Turn pears over; sprinkle with turbinado sugar.
- Bake an additional 5 minutes.
- Serve with cake.
- Garnish with cinnamon sticks, if desired.

## Nutrition Facts



### Properties

Glycemic Index:68.77, Glycemic Load:31.37, Inflammation Score:-6, Nutrition Score:12.573913087016%

### Flavonoids

Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

### Nutrients (% of daily need)

Calories: 477.01kcal (23.85%), Fat: 12.76g (19.64%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 86.63g (28.88%), Net Carbohydrates: 78.98g (28.72%), Sugar: 44.46g (49.4%), Cholesterol: 62.31mg (20.77%), Sodium: 370.24mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Fiber: 7.65g (30.62%), Selenium: 17.97µg (25.67%), Manganese: 0.45mg (22.46%), Vitamin B1: 0.33mg (22.07%), Folate: 86.93µg (21.73%), Vitamin B2: 0.32mg (19.02%), Iron: 2.72mg (15.09%), Phosphorus: 138.32mg (13.83%), Vitamin B3: 2.57mg (12.85%), Vitamin A: 619.58IU (12.39%), Copper: 0.24mg (11.96%), Calcium: 112.46mg (11.25%), Vitamin C: 8.77mg (10.62%), Potassium: 363.39mg (10.38%), Magnesium: 34.25mg (8.56%), Vitamin B6: 0.16mg (8.03%), Vitamin K: 8.33µg (7.93%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.91mg (6.03%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.45µg (2.97%)