



## Quick-and-Easy Pear Coffeecake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 2 teaspoons double-acting baking powder
- 1.3 cups firmly brown sugar packed
- 0.3 cup currants dried
- 1 large eggs
- 2 large egg whites
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1.3 cups pears diced
- 0.3 teaspoon salt
- 0.3 cup vegetable oil

## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- baking pan

## Directions

- Preheat oven to 35
- Combine first 5 ingredients in a bowl; beat at low speed of a mixer until well-blended.
- Combine flour and next 5 ingredients (flour through cloves); stir well. Gradually add flour mixture to brown sugar mixture; beat just until blended. Stir in pear and currants.
- Pour batter into a 9-inch square baking pan coated with cooking spray.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pan 10 minutes on a wire rack.

## Nutrition Facts



**PROTEIN 5.58%** **FAT 24.3%** **CARBS 70.12%**

## Properties

Glycemic Index:18.98, Glycemic Load:9.73, Inflammation Score:-1, Nutrition Score:3.9921739166198%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## **Nutrients (% of daily need)**

Calories: 183.99kcal (9.2%), Fat: 5.05g (7.77%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 31.79g (11.56%), Sugar: 19.42g (21.58%), Cholesterol: 11.63mg (3.88%), Sodium: 106.96mg (4.65%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.61g (5.22%), Selenium: 7.32µg (10.46%), Manganese: 0.18mg (8.92%), Vitamin K: 9.12µg (8.69%), Vitamin B1: 0.13mg (8.63%), Folate: 31.57µg (7.89%), Vitamin B2: 0.12mg (6.84%), Iron: 1.04mg (5.79%), Calcium: 52.74mg (5.27%), Vitamin B3: 1.01mg (5.04%), Fiber: 1g (4.01%), Phosphorus: 39.31mg (3.93%), Vitamin E: 0.44mg (2.91%), Copper: 0.05mg (2.61%), Potassium: 84.06mg (2.4%), Magnesium: 7.92mg (1.98%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.18mg (1.21%)