



## Ricotta Pear Cake

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



458 kcal

DESSERT

### Ingredients

- ☐ 7 tablespoons butter melted
- ☐ 2 teaspoons cornstarch
- ☐ 6 large eggs
- ☐ 6 tablespoons flour
- ☐ 2 cups hazelnuts whole finely
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 1 juice of lemon
- ☐ 3 tablespoons pears

- ☐ 2 pears diced cored peeled thinly sliced (at least 6 ounces each)
- ☐ 17 ounces ricotta cheese
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon vanilla extract pure

## Equipment

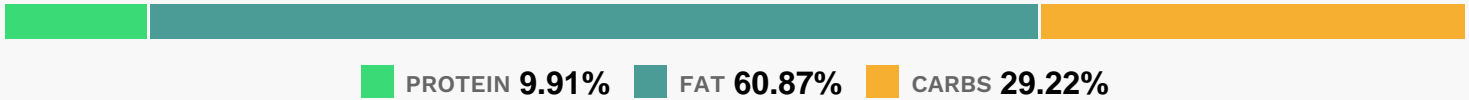
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

## Directions

- ☐ Make the cake: Preheat the oven to 350°F. Butter and lightly flour two 9 ½ -inch springform pans.
- ☐ Grind the hazelnuts and flour in a mini food processor until very fine.
- ☐ In a large bowl, using an electric mixer with the whisk attachment, combine the eggs and sugar and beat on high speed for 15 minutes, until the mixture has quadrupled in volume. Gently fold in the hazelnuts and flour with a spatula until just combined. Then add in the butter. Divide the batter between the two prepared pans and bake for 10 to 12 minutes, until firm to the touch. Set aside.
- ☐ Make the pears: In a small saucepan combine the pears, sugar, lemon juice, and cornstarch and simmer over medium-low heat until the pears are soft.
- ☐ Remove from the heat, stir in the brandy, and let cool to room temperature. Set aside.

- ☐ Make the syrup: In a small saucepan, combine the sugar and ½ cup water and bring to a boil. Stir in brandy.
- ☐ Make the filling: In a large bowl, using an electric mixer, beat the ricotta, sugar, and vanilla for at least 5 minutes, until creamy.
- ☐ Meanwhile, beat the cream until firm peaks form. Using a spatula, gently fold the whipped cream into the ricotta mixture. Fold in the cooled pear mixture.
- ☐ Remove one of the cake layers from the pan and place on a serving platter large enough to hold the outer ring of the springform pan.
- ☐ Brush the cake with one-half of the syrup to moisten it. Pile the filling in the center of the cake and put the springform ring back over the cake.
- ☐ Gently spread the filling to the edges and then top with the second layer of cake.
- ☐ Brush the remaining syrup over the top. Cover with plastic wrap and put in the freezer until set, about 2 hours.
- ☐ Remove the springform ring and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:31.72, Glycemic Load:18.64, Inflammation Score:-6, Nutrition Score:13.649999950243%

## Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 458.18kcal (22.91%), Fat: 31.9g (49.08%), Saturated Fat: 12.64g (78.99%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 31.38g (11.41%), Sugar: 25.76g (28.63%), Cholesterol: 147.85mg (49.28%), Sodium: 126.53mg (5.5%), Alcohol: 0.37g (100%), Alcohol %: 0.28% (100%), Protein: 11.68g (23.36%), Manganese: 1.29mg (64.5%), Vitamin E: 3.68mg (24.53%), Selenium: 15.95µg (22.78%), Copper: 0.41mg (20.38%), Phosphorus: 189.91mg (18.99%), Vitamin B2: 0.28mg (16.38%), Vitamin A: 748.96IU (14.98%), Calcium: 135.76mg (13.58%), Folate: 49.71µg (12.43%), Fiber: 3.09g (12.34%), Vitamin B1: 0.18mg (12.09%), Magnesium: 44.67mg (11.17%), Iron: 1.8mg (9.98%), Vitamin B6: 0.19mg (9.53%), Zinc: 1.39mg (9.24%), Potassium: 276.08mg (7.89%), Vitamin B5: 0.74mg (7.36%), Vitamin B12: 0.4µg (6.61%), Vitamin K: 5.88µg (5.6%), Vitamin D: 0.82µg (5.46%), Vitamin C: 3.75mg (4.55%), Vitamin B3: 0.72mg (3.58%)