



Upside-Down Cherry-Pear Cake

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



9

CALORIES



422 kcal

DESSERT

Ingredients

- 21 oz cherry pie filling canned
- 15 oz pears drained canned
- 0.8 cup slivered almonds
- 0.3 cup butter melted
- 1 cup sugar
- 0.3 teaspoon ground cinnamon
- 2 eggs
- 4 cups whipped cream

1 cup frangelico

Equipment

food processor

bowl

oven

knife

blender

baking pan

toothpicks

glass baking pan

Directions

Heat oven to 350°F. Grease 8-inch square (2-quart) glass baking dish.

Spread cherry pie filling in baking dish. Arrange pear halves, cut side up, over pie filling.

Bake about 20 minutes or until filling is hot.

Meanwhile, in food processor or blender, cover and process almonds until finely ground. In medium bowl, mix butter, sugar, Bisquick mix, almonds, cinnamon and eggs with spoon.

Spoon batter over hot pie filling and pears.

Bake 40 to 45 minutes or until cherries are bubbly and toothpick inserted in center of cake comes out clean.

Let stand 10 minutes.

Run sharp knife around edges of baking dish to loosen.

Place heatproof serving plate upside down onto baking dish; turn plate and dish over.

Let dish remain over cake a few minutes so topping can drizzle over cake.

Serve warm with ice cream.

Nutrition Facts



PROTEIN 5.25% **FAT 35.69%** **CARBS 59.06%**

Properties

Glycemic Index:20.32, Glycemic Load:25.89, Inflammation Score:-5, Nutrition Score:8.249565228172%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 421.57kcal (21.08%), Fat: 17.13g (26.36%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 63.8g (21.27%), Net Carbohydrates: 60.37g (21.95%), Sugar: 39.65g (44.06%), Cholesterol: 62.19mg (20.73%), Sodium: 132.98mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin E: 2.84mg (18.91%), Vitamin B2: 0.32mg (18.68%), Phosphorus: 141.33mg (14.13%), Fiber: 3.43g (13.71%), Vitamin A: 673.01IU (13.46%), Manganese: 0.27mg (13.31%), Calcium: 118.98mg (11.9%), Magnesium: 41.85mg (10.46%), Copper: 0.21mg (10.33%), Potassium: 323.81mg (9.25%), Selenium: 4.87µg (6.96%), Vitamin B5: 0.6mg (6.03%), Zinc: 0.9mg (5.97%), Vitamin C: 4.78mg (5.79%), Vitamin B12: 0.32µg (5.37%), Vitamin B6: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.62%), Iron: 0.82mg (4.54%), Folate: 17.51µg (4.38%), Vitamin B3: 0.57mg (2.86%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.31µg (2.09%)