



Upside-Down Cherry-Pear Cake



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



9

CALORIES



422 kcal

DESSERT

Ingredients

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

- ☐ 1 cup frangelico
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. 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



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: Og (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%)