



Upside-Down Sour Cream Coffee Cake with Sherry-Roasted Pears

 Vegetarian

READY IN



255 min.

SERVINGS



10

CALORIES



619 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 teaspoons cinnamon
- ☐ 3 large eggs
- ☐ 2.5 cups flour
- ☐ 0.8 cup granulated sugar

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 tablespoons syrup from sherry-roasted pears
- ☐ 10 servings sherry-roasted pears
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 vanilla pod split
- ☐ 1 cup walnuts chopped

Equipment

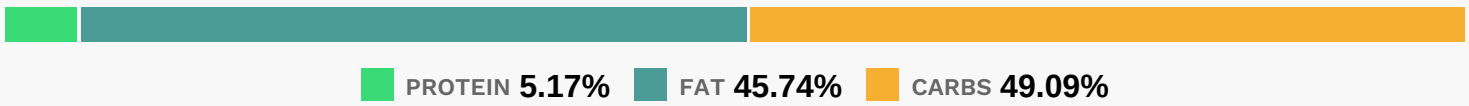
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil
- ☐ spatula
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Butter and flour a 9-in. tube pan* or 10- to 11-cup nonstick Bundt pan, knocking out excess flour.
- ☐ Combine brown sugar, walnuts, and cinnamon in a small bowl. Slice pears lengthwise 1/3 in. thick if using tube pan or chop if using Bundt pan.
- ☐ Make cake: Beat butter and granulated sugar with a mixer until fluffy.
- ☐ Add eggs one at a time, mixing well and scraping inside of bowl after each addition. Scrape seeds from vanilla bean and add to bowl (save pod for another use).

- ☐ Add syrup and sour cream; beat to combine.
- ☐ Combine dry ingredients.
- ☐ Add to batter and beat on low speed until blended; batter will be thick.
- ☐ Sprinkle half the nut mixture in pan, then arrange half the pears on top. Spoon half the batter over pears and spread evenly. Repeat layers.
- ☐ Bake until a toothpick inserted in center comes out clean, 55 to 60 minutes for a tube pan, 45 minutes for a Bundt pan.
- ☐ Let cool in pan on a rack about 45 minutes. Loosen cake from sides of pan with a small, slender spatula and invert onto a plate. If any toppings stick in pan, loosen with spatula and replace on cake.
- ☐ *You can order a 9-in. tube pan (\$1
- ☐ from amazon.com.
- ☐ Make ahead: Up to 1 day, chilled; set on a baking sheet, wrap in foil, and rewarm in a 350 oven about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:35.62, Inflammation Score:-7, Nutrition Score:13.961304312167%

Flavonoids

Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 6.35mg, Epicatechin: 6.35mg, Epicatechin: 6.35mg, Epicatechin: 6.35mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 618.59kcal (30.93%), Fat: 32.61g (50.16%), Saturated Fat: 15.27g (95.44%), Carbohydrates: 78.73g (26.24%), Net Carbohydrates: 71.65g (26.05%), Sugar: 43.37g (48.19%), Cholesterol: 118.18mg (39.39%), Sodium: 548.86mg (23.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Manganese: 0.78mg (38.96%), Fiber: 7.08g (28.34%), Selenium: 17.26µg (24.65%), Folate: 89.74µg (22.44%), Vitamin B1: 0.32mg (21.16%),

Vitamin B2: 0.33mg (19.63%), Copper: 0.39mg (19.63%), Vitamin A: 837.35IU (16.75%), Phosphorus: 165.41mg (16.54%), Iron: 2.59mg (14.37%), Calcium: 128.89mg (12.89%), Vitamin B3: 2.31mg (11.54%), Magnesium: 43.24mg (10.81%), Potassium: 352.86mg (10.08%), Vitamin K: 9.95µg (9.47%), Vitamin C: 7.64mg (9.26%), Vitamin B6: 0.17mg (8.32%), Vitamin E: 1.08mg (7.23%), Zinc: 1.05mg (7.02%), Vitamin B5: 0.63mg (6.35%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.3µg (2%)