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Vegan Pear Cake



Vegetarian



Vegan



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 2 cups apple juice unsweetened
- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups brown sugar
- ☐ 2 cups golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 cups pears diced (2 large pears)
- ☐ 2 teaspoons salt

☐ 1 cup walnuts chopped

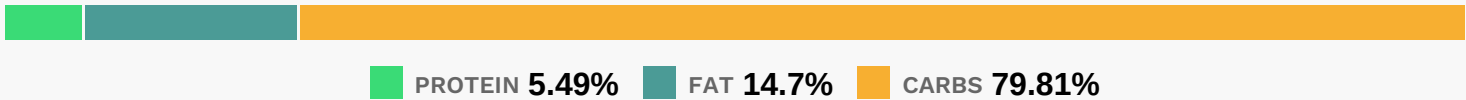
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ In a large saucepan, bring the first 7 ingredients to a boil. Reduce heat; simmer for 5 minutes uncovered.
- ☐ Remove from heat and cool to room temperature.Meanwhile preheat the oven to 350F/180C for 15 minutes. Lightly grease the pan with non stick cooking spray. I used a mini bundt pan (with 6 inserts). Greased it with shortening first and sprinkled some all purpose flour and tap off the excess.In a large bowl combine the flour, baking soda and walnuts. Fold in the pear mixture.
- ☐ Transfer batter to the prepared pan.
- ☐ Bake for about 40–45 minutes or until a toothpick inserted in the center comes out clean. Mine was done by 38 minutes.Cool for 10 minutes on a wire rack before removing the cakes from the pan.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:38.39, Inflammation Score:-4, Nutrition Score:11.928695683894%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 486.02kcal (24.3%), Fat: 8.29g (12.75%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 101.21g (33.74%), Net Carbohydrates: 96.05g (34.93%), Sugar: 60.64g (67.37%), Cholesterol: 0mg (0%), Sodium: 700.33mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Manganese: 0.87mg (43.47%), Vitamin B1: 0.35mg (23.65%), Folate: 85.81µg (21.45%), Copper: 0.42mg (21.03%), Fiber: 5.16g (20.63%), Selenium: 14.01µg (20.01%), Iron: 3.03mg (16.83%), Vitamin B2: 0.28mg (16.67%), Vitamin B3: 2.86mg (14.28%), Potassium: 477.71mg (13.65%), Phosphorus: 126.98mg (12.7%), Magnesium: 46.98mg (11.74%), Vitamin B6: 0.21mg (10.72%), Calcium: 71.91mg (7.19%), Zinc: 0.81mg (5.37%), Vitamin C: 4.3mg (5.22%), Vitamin K: 4.34µg (4.13%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.23mg (1.51%)