



## Winter Spiced Pear Cake (Gluten Free!)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



387 kcal

DESSERT

### Ingredients

- 0.5 cup almond flour
- 0.5 cup tapioca/arrowroot flour
- 2 tsp double-acting baking powder
- 0.5 tsp cinnamon
- 0.5 cup coconut flour
- 4 eggs beaten
- 0.3 cup full fat coconut cream
- 0.5 teaspoons ground cardamom

- 2 juice of lemon
- 2 tbsp maple syrup
- 3 medium pears firm ripe
- 2 large pinches sea salt fine
- 0.5 teaspoon suya seasoning mix
- 0.3 cup sugar
- 8 servings sugar (see recipe above)
- 2 teaspoons vanilla extract
- 8 tbsp butter unsalted

## Equipment

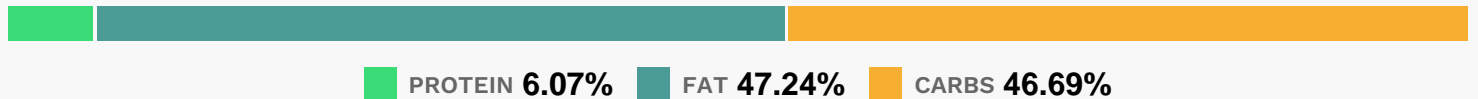
- bowl
- oven
- blender
- toothpicks
- cake form

## Directions

- Preheat the oven to 350F. Butter/grease a 9–10 cake pan. In a small bowl, stir together the sucanat, cardamom, pumpkin spice blend, and cinnamon. Set aside 2 tablespoons of the spiced sugar to top the cake at the very end; add the rest to the butter. Cream together the butter, maple syrup, and two tbsp of the spiced sucanat with a mixer, scraping down the sides of the bowl, for about 3 minutes.
- Add the eggs one at a time, and beat to incorporate each egg. In a separate medium bowl, sift together the coconut, arrowroot, and almond flours, and the baking powder, and salt.
- Add half of the dry ingredients to the butter mixture and stir on low until just combined.
- Add the coconut cream and vanilla, and mix on low until just combined. Finally, add the remaining dry ingredients, mixing until just combined. The mixture will be quite thick. Now, cut the pears off of their cores. Slice up one cup of medium sized pear cubes, and cut the rest of the pears into 1/2 wedges.

- Drizzle the lemon juice over the wedges to preserve them; Fold the pear cubes into the batter and transfer the batter to the greased cake pan. Take the pear wedges and fan them out around the cake, or create your own design if you like! Press them into the batter a little bit so that some of the batter comes through.
- Sprinkle the leftover 2 tbsp spiced sugar over the top of the cake.
- Bake the cake until a toothpick comes out just barely clean, about 35–50 minutes (Varies depending on the oven). This cake is perfect with coffee, with breakfast, for afternoon snack, or for dessert! Enjoy!

## Nutrition Facts



### Properties

Glycemic Index: 41.92, Glycemic Load: 18.64, Inflammation Score: -3, Nutrition Score: 7.0665217391304%

### Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg 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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

### Taste

Sweetness: 100%, Saltiness: 19.34%, Sourness: 30.27%, Bitterness: 20.92%, Savoriness: 13.26%, Fattiness: 49.17%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 387.29kcal (19.36%), Fat: 20.92g (32.18%), Saturated Fat: 11.62g (72.61%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 40.36g (14.68%), Sugar: 28.87g (32.08%), Cholesterol: 112.37mg (37.46%), Sodium: 269.59mg (11.72%), Alcohol: 0.34g (1.91%), Protein: 6.05g (12.09%), Fiber: 6.17g (24.66%), Manganese: 0.37mg (18.74%), Calcium: 122mg (12.2%), Vitamin B2: 0.19mg (11.32%), Selenium: 7.06µg (10.09%), Vitamin A: 496.51IU (9.93%), Phosphorus: 91.23mg (9.12%), Iron: 1.48mg (8.2%), Vitamin C: 6.02mg (7.3%), Vitamin K: 5.96µg (5.68%), Copper: 0.11mg (5.54%), Folate: 19.96µg (4.99%), Vitamin E: 0.71mg (4.75%), Potassium: 165.19mg (4.72%), Vitamin D: 0.65µg (4.35%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.07mg (3.43%), Zinc:

0.5mg (3.37%), Magnesium: 13.21mg (3.3%), Vitamin B1: 0.03mg (1.73%), Vitamin B3: 0.23mg (1.15%)