

Pear Streusel Cake

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Servings: 10

STREUSEL

1/3 cup all-purpose flour
1/4 cup brown sugar
2 tablespoons butter
1/3 cup pecans, chopped

CAKE

3 cups (1-1/2 pounds) ripe pears,
peeled and thinly sliced
2 tablespoons granulated sugar
2 tablespoons lemon juice
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup (one stick) butter
3/4 cup granulated sugar
2 eggs
1 teaspoon vanilla extract
3/4 cup milk
nonstick cooking spray
2 teaspoons powdered sugar

Preheat the oven to 350 degrees.

To prepare the streusel: In a medium bowl, combine the flour and brown sugar. Cut in the butter with two knives or your fingers until crumbly. Mix in the pecans.

To prepare the cake: In a large bowl, combine the pears, two tablespoons of sugar, lemon juice, ginger and nutmeg.

In a bowl, combine the flour, baking powder and salt.

In a bowl, combine the butter and 3/4 cup of sugar. Beat with an electric mixer until well blended. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla. Add the flour mixture and milk alternately, beginning and ending with flour mixture and mixing until just combined.

Spread about two-thirds of the batter in a nine-inch springform pan that has been sprayed with cooking spray. Arrange the pear mixture on top. Pour the remaining batter over the top. Spread with a spatula. Some fruit will not be covered. Sprinkle with streusel.

Bake for 55 minutes or until a tester inserted in the middle comes out clean.

Let cool in the pan on a wire rack. Sift powdered sugar over the top before serving.

Per Serving (excluding unknown items): 280 Calories; 11g Fat (35.4% calories from fat); 5g Protein; 41g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 299mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	280	Vitamin B6 (mg):	trace
% Calories from Fat:	35.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	58.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	11g	Folacin (mcg):	43mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	64mg	% Protein:	0.0%
Carbohydrate (g):	41g		
Dietary Fiber (g):	1g		
Protein (g):	5g		
Sodium (mg):	299mg		
Potassium (mg):	100mg		
Calcium (mg):	92mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	337IU		
Vitamin A (r.e.):	86RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 280 **Calories from Fat:** 99

% Daily Values*

Total Fat 11g	17%
Saturated Fat 5g	26%
Cholesterol 64mg	21%
Sodium 299mg	12%
Total Carbohydrates 41g	14%
Dietary Fiber 1g	4%
Protein 5g	
Vitamin A	7%
Vitamin C	3%
Calcium	9%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.