



Chocolate-Coffee Gingerbread with Hazelnut Poached Pears

READY IN



45 min.

SERVINGS



10

CALORIES



700 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons baking soda
- ☐ 5 ounces bittersweet chocolate 60% chopped (cocoa)
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup hot-brewed coffee brewed
- ☐ 0.3 cup candied ginger chopped
- ☐ 3 large eggs
- ☐ 1.8 cups brown sugar raw packed ()

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon coffee instant
- ☐ 1 cup blackstrap molasses dark ()
- ☐ 1 cup olive oil
- ☐ 5 small pears firm cored ripe peeled halved lengthwise
- ☐ 3 tablespoons powdered sugar
- ☐ 1 cup sugar
- ☐ 1.5 cups water
- ☐ 1 cup whipping cream chilled
- ☐ 0.3 cup frangelico (hazelnut liqueur)

Equipment

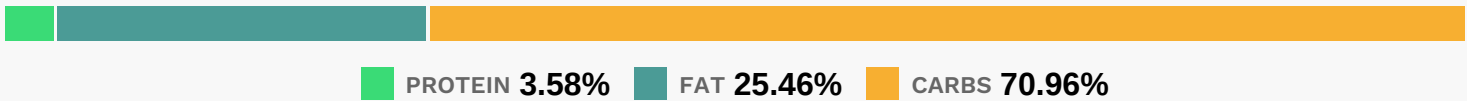
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Combine sugar, 1 1/2 cups water, and
- ☐ Frangelico in heavy large wide saucepan. Stir over medium heat until sugar dissolves. Bring to boil.
- ☐ Add pears (liquid will not cover pears completely). Cover and simmer until pears are tender when pierced with knife, turning occasionally, about 12 minutes. Using slotted spoon, transfer pears to medium bowl. Boil cooking liquid in pan until syrupy and reduced to generous 3/4 cup, about 5 minutes.

- ☐ Pour syrup over pears and cool slightly. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 350°F. Generously butter 12-cup nonstick Bundt pan, then spray with nonstick spray. Dust pan lightly with flour.
- ☐ Whisk 2 cups flour and next 5 ingredients in medium bowl to blend.
- ☐ Combine sugar, molasses, olive oil, and eggs in large bowl; whisk until well blended.
- ☐ Add dry ingredients and stir to blend.
- ☐ Mix in hot coffee, then chocolate and crystallized ginger (most of chocolate will melt).
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted near center comes out clean and cake begins to pull away from sides of pan, 55 to 60 minutes.
- ☐ Transfer pan to rack; cool cake in pan 20 minutes. Turn cake out onto rack and cool at least 1 hour. DO AHEAD: Can be made 1 day ahead. Cool completely. Cover with cake dome or wrap in foil and store at room temperature. If desired, uncover cake and place on oven-proof platter and rewarm in 350°F oven for 15 minutes before serving.
- ☐ Combine all ingredients in large bowl. Using electric mixer, beat until peaks form. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Cut warm or room-temperature gingerbread into 10 slices and transfer 1 slice to each of 10 plates.
- ☐ Place 1 pear half alongside each.
- ☐ Drizzle with pear syrup and top with coffee whipped cream.

Nutrition Facts



Properties

Glycemic Index: 23.08, Glycemic Load: 42.13, Inflammation Score: -7, Nutrition Score: 15.858260745588%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 699.72kcal (34.99%), Fat: 20.26g (31.16%), Saturated Fat: 9.74g (60.86%), Carbohydrates: 127.07g (42.36%), Net Carbohydrates: 122.76g (44.64%), Sugar: 100.73g (111.92%), Cholesterol: 83.54mg (27.85%), Sodium: 508.84mg (22.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.81mg (8.27%), Protein: 6.41g (12.81%), Manganese: 1.17mg (58.45%), Magnesium: 126.58mg (31.64%), Selenium: 21.8µg (31.14%), Iron: 4.46mg (24.8%), Copper: 0.48mg (23.98%), Potassium: 800.73mg (22.88%), Fiber: 4.31g (17.22%), Vitamin B2: 0.29mg (16.87%), Vitamin B1: 0.24mg (15.87%), Vitamin B6: 0.32mg (15.77%), Calcium: 149.93mg (14.99%), Folate: 59.88µg (14.97%), Phosphorus: 129.91mg (12.99%), Vitamin B3: 2.19mg (10.97%), Vitamin A: 457.42IU (9.15%), Vitamin B5: 0.86mg (8.64%), Vitamin E: 1.21mg (8.07%), Vitamin K: 8.13µg (7.74%), Zinc: 1.01mg (6.74%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.33mg (4.04%), Vitamin B12: 0.2µg (3.28%)