



## Chocolate Gingerbread With Warm Pear Sauce

READY IN



77 min.

SERVINGS



9

CALORIES



627 kcal

SIDE DISH

### Ingredients

- 0.8 teaspoon baking soda
- 0.3 cup firmly brown sugar light packed
- 0.3 cup butter
- 0.5 cup butter
- 1 cup buttermilk
- 3 ounce cream cheese softened
- 2 ounce crystallized ginger finely chopped
- 1 large eggs
- 2 cups flour all-purpose

- 0.8 cup granulated sugar
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground ginger
- 0.5 cup blackstrap molasses
- 30.5 ounce pear halves drained chopped canned
- 0.5 teaspoon salt
- 1 cup semisweet chocolate morsels (6-ounce package)

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer

## Directions

- Whisk together first 3 ingredients in a small bowl; set aside.
- Combine flour, salt, ginger, and cardamom; set aside.
- Beat 1/2 cup butter and cream cheese at medium speed with an electric mixer until fluffy.
- Add granulated sugar and 1/4 cup brown sugar; beat until creamy.
- Add egg, and beat until blended. Slowly add buttermilk mixture to butter mixture; beat 2 minutes. Stir flour mixture into butter mixture just until combined. Fold in crystallized ginger and chocolate morsels.
- Pour mixture into a lightly greased 9-inch square pan.
- Bake at 350 for 53 minutes or until cake springs back when lightly touched in center. Cool completely in pan on a wire rack.
- Melt 1/4 cup butter in a large skillet over medium heat.
- Add 1/4 cup brown sugar, stirring until sugar dissolves.

Add pears; cook 5 minutes or until slightly thickened, stirring gently to coat.

Serve warm sauce over cake.

## Nutrition Facts

**PROTEIN 4.23%** **FAT 39.6%** **CARBS 56.17%**

### Properties

Glycemic Index:43.2, Glycemic Load:37.95, Inflammation Score:-7, Nutrition Score:14.270434783853%

### Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

### Nutrients (% of daily need)

Calories: 627.49kcal (31.37%), Fat: 28.16g (43.32%), Saturated Fat: 16.79g (104.94%), Carbohydrates: 89.86g (29.95%), Net Carbohydrates: 84.48g (30.72%), Sugar: 59.8g (66.44%), Cholesterol: 75.02mg (25.01%), Sodium: 420.91mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.2mg (5.73%), Protein: 6.77g (13.53%), Manganese: 0.86mg (43.18%), Selenium: 18.46µg (26.37%), Magnesium: 98.95mg (24.74%), Copper: 0.48mg (23.85%), Fiber: 5.38g (21.5%), Iron: 3.82mg (21.22%), Vitamin B1: 0.26mg (17.45%), Potassium: 599.79mg (17.14%), Vitamin B2: 0.28mg (16.2%), Folate: 63µg (15.75%), Phosphorus: 148.28mg (14.83%), Vitamin A: 707.69IU (14.15%), Calcium: 116.95mg (11.69%), Vitamin B3: 2.2mg (11%), Vitamin B6: 0.2mg (10.03%), Zinc: 1.13mg (7.52%), Vitamin K: 7.37µg (7.02%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.85mg (5.65%), Vitamin C: 4.16mg (5.04%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.46µg (3.05%)