



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

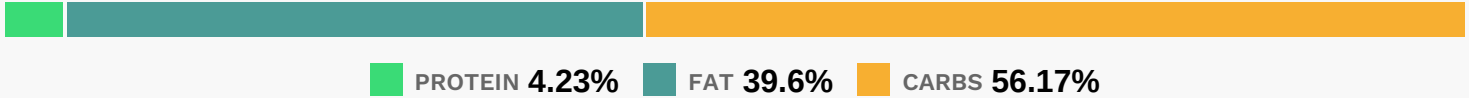
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

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



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%)