



Dark Gingerbread Pear Cake

READY IN



60 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 bosc pear
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup ginger grated peeled
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 cup blackstrap molasses (not robust or blackstrap)

- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted
- ☐ 0.3 cup water
- ☐ 8 servings whipped cream

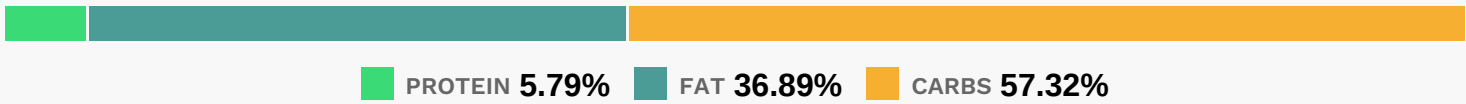
Equipment

- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter and flour a 9-inch cake pan, knocking out excess.
- ☐ Whisk together flour, baking soda, cinnamon, allspice, and salt.
- ☐ Melt butter with water.
- ☐ Beat together brown sugar and molasses with an electric mixer until combined.
- ☐ Add eggs 1 at a time, beating well. Beat in flour mixture at low speed until just combined.
- ☐ Add butter mixture and ginger, beating just until smooth.
- ☐ Pour into cake pan.
- ☐ Peel pear and cut into 3/4-inch pieces. Scatter over batter.
- ☐ Bake until a wooden pick inserted into center comes out clean, about 35 minutes. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:21.34, Inflammation Score:-5, Nutrition Score:9.5765216920687%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 357.63kcal (17.88%), Fat: 14.88g (22.9%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 50.58g (18.39%), Sugar: 31.92g (35.46%), Cholesterol: 104.68mg (34.89%), Sodium: 251.26mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Manganese: 0.54mg (26.86%), Selenium: 17.89µg (25.56%), Magnesium: 63.6mg (15.9%), Iron: 2.58mg (14.36%), Vitamin B1: 0.21mg (13.77%), Folate: 54.35µg (13.59%), Vitamin B2: 0.22mg (12.79%), Potassium: 428.1mg (12.23%), Vitamin B6: 0.2mg (10.17%), Vitamin A: 501.43IU (10.03%), Copper: 0.19mg (9.3%), Vitamin B3: 1.68mg (8.4%), Calcium: 82.26mg (8.23%), Phosphorus: 82.05mg (8.21%), Vitamin B5: 0.63mg (6.29%), Fiber: 1.46g (5.82%), Vitamin E: 0.61mg (4.1%), Vitamin D: 0.61µg (4.07%), Zinc: 0.54mg (3.61%), Vitamin B12: 0.21µg (3.47%), Vitamin K: 2.25µg (2.14%), Vitamin C: 1.12mg (1.36%)