



Gingerbread Pear Trifle

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 tablespoon baking soda
- ☐ 3 bosc pears cored peeled sliced
- ☐ 3 tablespoons brandy
- ☐ 4 tablespoons butter softened plus more for pan
- ☐ 2 teaspoons cinnamon
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup crystallized ginger finely chopped

- ☐ 4 large eggs
- ☐ 1.5 cups flour
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1.3 cups granulated sugar
- ☐ 1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger
- ☐ 2.5 cups half-and-half
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 tablespoons powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil

Equipment

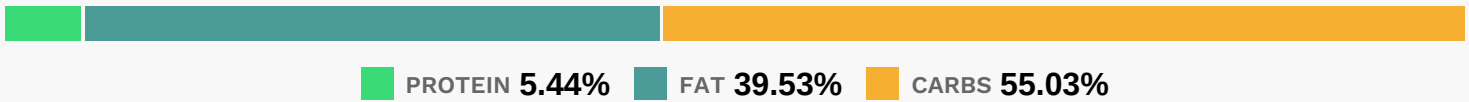
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Make gingerbread: Preheat oven to 35
- ☐ Butter an 8- by 8-in. baking pan. In a medium bowl, mix flour, baking soda, cinnamon, 1 tsp. ground ginger, the cloves, and 1/2 tsp. salt. In a large bowl, whisk 3/4 cup granulated sugar with 1 egg until thick and pale. Stir in applesauce, molasses, 1 tbsp. fresh ginger, oil, and 1/4 cup hot water. Stir in flour mixture.

- ☐ Pour into pan and bake until a toothpick inserted in the center comes out clean, about 35 minutes.
- ☐ Let rest 5 minutes; turn out onto rack and let cool.
- ☐ Cut into 1-in. cubes.
- ☐ Cook pears: Melt 2 tbsp. butter in a frying pan over medium heat.
- ☐ Add pears. Cook, stirring, until soft, 7 minutes. Stir in brown sugar, 1/2 tsp. ground ginger, and 1/4 tsp. salt.
- ☐ Make custard: In a pan over medium heat, whisk half-and-half, 3 eggs, 1/2 cup granulated sugar, cornstarch, and 1/4 tsp. salt until thickened, 10 minutes. Take off heat; stir in vanilla and 2 tbsp. butter.
- ☐ Whip cream: In a large bowl, beat cream, powdered sugar, and remaining 1/2 tsp. fresh ginger until soft peaks form.
- ☐ Assemble trifle: Put half the gingerbread cubes in a trifle dish or glass bowl.
- ☐ Sprinkle with half the brandy. Spoon half the pears and liquid over gingerbread.
- ☐ Pour half the custard over pears. Top with half the whipped cream and half the crystallized ginger. Repeat layers.
- ☐ Serve immediately, or cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:19.43, Glycemic Load:22.34, Inflammation Score:-5, Nutrition Score:7.5673912504445%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 337.66kcal (16.88%), Fat: 14.86g (22.86%), Saturated Fat: 8.44g (52.74%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 44.88g (16.32%), Sugar: 33.65g (37.39%), Cholesterol: 84.07mg (28.02%), Sodium: 424.09mg (18.44%), Alcohol: 1.03g (100%), Alcohol %: 0.81% (100%), Protein: 4.6g (9.2%), Manganese: 0.45mg (22.46%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.23mg (13.71%), Vitamin A: 519.03IU (10.38%), Magnesium: 38.3mg (9.57%), Phosphorus: 91.58mg (9.16%), Calcium: 89.91mg (8.99%), Potassium: 302.26mg (8.64%), Iron: 1.48mg (8.2%), Vitamin B1: 0.12mg (8.16%), Folate: 31.85µg (7.96%), Vitamin B6: 0.14mg (6.82%), Fiber: 1.66g (6.63%), Copper: 0.12mg (5.92%), Vitamin B5: 0.5mg (5.04%), Vitamin B3: 0.94mg (4.71%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.59mg (3.94%), Vitamin B12: 0.21µg (3.55%), Zinc: 0.52mg (3.44%), Vitamin D: 0.49µg (3.25%), Vitamin C: 1.97mg (2.39%)