



Pear and Ginger Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 firm-ripe bosc pears (1 lb. total)
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 2 tablespoons butter at room temperature ()
- ☐ 1.3 cups buttermilk
- ☐ 3 tablespoons crystallized ginger chopped
- ☐ 0.8 cup blackstrap molasses dark

- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Lightly butter a 9-inch cheesecake pan with removable rim at least 2 1/2 inches tall. Line pan with a 10-inch round of cooking parchment, pressing into bottom and about 1/2 inch up sides.
- ☐ Cut 2 tablespoons butter into about 1/4-inch chunks and drop evenly over parchment in pan bottom.
- ☐ Sprinkle evenly with 1/2 cup brown sugar and the crystallized ginger.
- ☐ Peel pears and cut in half lengthwise, then, slicing parallel to cut edge, cut into 1/2-inch-thick slices. With a small knife, cut core from each slice. Arrange slices flat, in a single layer, over sugar mixture in pan, trimming pieces as needed to fit.
- ☐ In a small bowl, whisk together flour, baking powder, baking soda, ginger, cinnamon, salt, and allspice.
- ☐ In another bowl, with an electric mixer on medium-high speed, beat remaining 1/2 cup butter and 1 cup brown sugar until well blended.

- ☐ Add eggs, one at a time, beating well after each addition. Reduce speed to medium-low and beat in molasses.
- ☐ Add flour mixture and buttermilk alternately, beating until incorporated, then beat on high speed just until well blended.
- ☐ Pour batter over pears.
- ☐ Bake in a 325 regular or 300 convection oven until a toothpick inserted in center (not in fruit) comes out clean, 1 hour and 35 to 40 minutes (cake center may settle slightly).
- ☐ Let cool in pan on a rack about 20 minutes.
- ☐ Remove pan sides. Invert a platter over cake, then, holding the two together, invert again. Carefully remove pan bottom and parchment.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:23.17, Inflammation Score:-4, Nutrition Score:9.8308696902317%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 331.17kcal (16.56%), Fat: 3.85g (5.92%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 70.87g (23.62%), Net Carbohydrates: 69.11g (25.13%), Sugar: 48.53g (53.92%), Cholesterol: 38.77mg (12.92%), Sodium: 328.65mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Manganese: 0.65mg (32.45%), Selenium: 16.59µg (23.7%), Magnesium: 65.67mg (16.42%), Vitamin B1: 0.23mg (15.47%), Iron: 2.75mg (15.25%), Calcium: 148.02mg (14.8%), Folate: 55.3µg (13.83%), Potassium: 456.78mg (13.05%), Vitamin B2: 0.22mg (12.89%), Vitamin B6: 0.2mg (9.88%), Copper: 0.19mg (9.59%), Vitamin B3: 1.87mg (9.34%), Phosphorus: 92.8mg (9.28%), Fiber: 1.76g (7.03%), Vitamin B5: 0.56mg (5.61%), Zinc: 0.5mg (3.33%), Vitamin D: 0.49µg (3.28%), Vitamin B12: 0.19µg (3.22%), Vitamin A: 152.77IU (3.06%), Vitamin K: 1.7µg (1.62%), Vitamin C: 1.3mg (1.58%), Vitamin E: 0.21mg

(1.43%)