



WHATSheATE



## Pear-Ginger Upside-Down Cake

READY IN



105 min.

SERVINGS



8

CALORIES



442 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose gold medal®
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup milk

- ☐ 3 pears peeled cut into 1/2-inch wedges
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup whipping cream

## Equipment

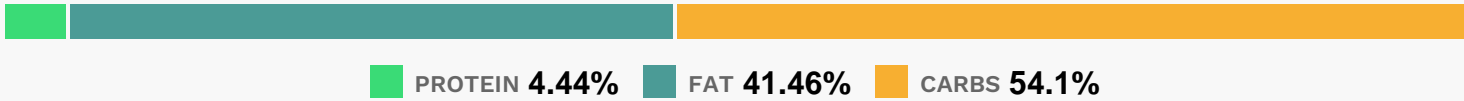
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 325°F. Grease bottom and sides of 8- or 9-inch square pan with shortening.
- ☐ In 1-quart saucepan, melt 1/4 cup butter over medium heat, stirring occasionally. Stir in 2/3 cup brown sugar.
- ☐ Heat to boiling.
- ☐ Remove from heat. Stir in 1/2 teaspoon ground ginger.
- ☐ Pour into pan; spread evenly. Arrange pear wedges over brown sugar mixture, overlapping tightly and making 2 layers if necessary.
- ☐ Sprinkle 1/4 cup crystallized ginger evenly over pears.
- ☐ Toss 1 tablespoon flour and 1/4 cup crystallized ginger to coat; set aside. In medium bowl, mix 1 1/3 cups flour, the baking powder and salt; set aside. In large bowl, beat 1 cup brown sugar and 6 tablespoons butter with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs, one at a time, until smooth.
- ☐ Add vanilla. Gradually beat in flour mixture alternately with milk, beating after each addition until smooth. Stir in ginger-flour mixture.

- ☐ Spread batter over pears and ginger.
- ☐ Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes on cooling rack. Meanwhile, in chilled medium bowl, beat whipping cream on high speed until it begins to thicken. Gradually add granulated sugar and 1/4 teaspoon ground ginger, beating until soft peaks form.
- ☐ Run knife around sides of pan to loosen cake.
- ☐ Place heatproof serving plate upside down over pan; turn plate and pan over.
- ☐ Remove pan.
- ☐ Serve cake warm with Ginger Whipped Cream. Store cake loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:38.98, Glycemic Load:16.83, Inflammation Score:-6, Nutrition Score:7.764782636062%

## Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 442.13kcal (22.11%), Fat: 20.79g (31.99%), Saturated Fat: 9.13g (57.07%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 58.4g (21.24%), Sugar: 40.86g (45.4%), Cholesterol: 75.45mg (25.15%), Sodium: 260.75mg (11.34%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 5.01g (10.01%), Vitamin A: 901.37IU (18.03%), Selenium: 11.93µg (17.04%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.19mg (12.49%), Folate: 49.55µg (12.39%), Manganese: 0.22mg (10.86%), Fiber: 2.64g (10.57%), Calcium: 99.83mg (9.98%), Phosphorus: 91.84mg (9.18%), Iron: 1.57mg (8.75%), Vitamin B3: 1.41mg (7.06%), Potassium: 196.96mg (5.63%), Copper: 0.11mg (5.49%), Vitamin E: 0.81mg (5.41%), Vitamin D: 0.78µg (5.2%), Vitamin B5: 0.44mg (4.42%), Magnesium: 16.66mg (4.17%), Vitamin K: 4.01µg (3.82%), Vitamin B6: 0.08mg (3.75%), Vitamin C: 3.07mg (3.72%), Vitamin B12: 0.2µg (3.29%), Zinc: 0.47mg (3.12%)