



## Pear-ginger upside-down cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



325 kcal

DESSERT

### Ingredients

- 1.5 tsp double-acting baking powder
- 1.5 tsp baking soda
- 1.5 cups buttermilk
- 0.3 cup muscovado sugar
- 0.5 cup little demerara sugar
- 3 eggs
- 3 cups flour all-purpose
- 2 Tbs ginger grated peeled

- 1.5 tsp ground cinnamon
- 5 Tbs maple syrup
- 4 pears medium to large cored ripe peeled quartered
- 1 cup salt
- 1 stick butter unsalted melted

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- spatula
- skewers

## Directions

- Oil a 9-inch spring form pan, and line the bottom with a 10-inch circle of parchment paper.
- Combine butter, brown sugar, and cinnamon in a medium saucepan. Melt the butter over medium heat for about 1 minute.
- Pour the mixture into the prepared spring form pan, completely coating the parchment paper.
- Place the quartered pears on top of the butter-sugar mixture, lining the pieces up tightly in a decorative circle. In a large mixing bowl cream butter (cut into smaller pieces) and brown sugar for 3-5 minutes, until smooth.
- Add the grated ginger, and beat 1 minute more.
- Add the eggs one at a time, making sure that each egg is fully incorporated before adding another.

- Add in the maple syrup or honey and beat to fully mix. The mixture will look as though it is breaking or curdling, but it will come together when the dry ingredients are added. In a separate bowl, sift together the flour, baking powder, baking soda, and salt.
- Whisk to fully combine. Alternately add small amounts of flour and buttermilk to the batter, stirring and folding with a rubber spatula until the dry ingredients are just absorbed. Do not overmix the batter.
- Pour and scrape the batter into the pear-lined pan, smoothing the top with a rubber spatula.
- Bake the cake at 325F for about 1 hour and 45 minutes, until a skewer inserted in the cake's centre comes out clean.
- Let the cake cool in the pan for 10 minutes on a wire rack. Cover the pan with a serving plate; then carefully invert them together. Release the sides of the pan, and lift it away. Gently lift the pan's base off the cake, and peel away the parchment paper. Allow the cake to cool, and serve warm.

## Nutrition Facts

■ PROTEIN **7.2%** ■ FAT **27.64%** ■ CARBS **65.16%**

### Properties

Glycemic Index: 24.27, Glycemic Load: 22.57, Inflammation Score: -4, Nutrition Score: 9.3595652173913%

### Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

### Taste

Sweetness: 100%, Saltiness: 64.24%, Sourness: 17.02%, Bitterness: 11.66%, Savoriness: 8.64%, Fattiness: 28.95%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 324.63kcal (16.23%), Fat: 10.08g (15.51%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 53.47g (17.82%), Net Carbohydrates: 50.59g (18.4%), Sugar: 25.1g (27.9%), Cholesterol: 64.47mg (21.49%), Sodium: 9701.23mg (421.79%), Protein: 5.91g (11.82%), Manganese: 0.53mg (26.43%), Vitamin B2: 0.38mg (22.43%), Selenium: 15.33µg

(21.91%), Vitamin B1: 0.28mg (18.48%), Folate: 68.49µg (17.12%), Fiber: 2.88g (11.52%), Iron: 2.01mg (11.17%), Calcium: 109.91mg (10.99%), Phosphorus: 103.88mg (10.39%), Vitamin B3: 2mg (10.02%), Vitamin A: 360.01IU (7.2%), Copper: 0.12mg (6.23%), Potassium: 195.77mg (5.59%), Vitamin D: 0.75µg (5.01%), Magnesium: 18.96mg (4.74%), Vitamin B5: 0.47mg (4.69%), Zinc: 0.64mg (4.26%), Vitamin B12: 0.25µg (4.2%), Vitamin K: 3.59µg (3.42%), Vitamin B6: 0.07mg (3.25%), Vitamin C: 2.62mg (3.18%), Vitamin E: 0.46mg (3.04%)