



Pear Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 purée of usa bartlett pear
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 0.5 tablespoon ground ginger
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 cup brown sugar light
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons butter unsalted cooled melted

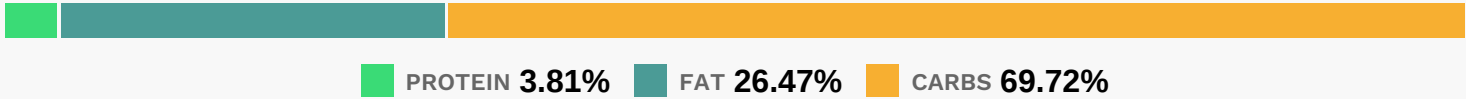
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Make topping: Peel, quarter and core pears. Toss with lemon juice. In a 9-inch skillet, melt butter and sugar.
- ☐ Add pears; cook until tips look translucent, about 8 minutes.
- ☐ Let cool.
- ☐ Preheat oven to 350F. Wrap outside of 6- or 7-inch springform pan in foil; grease inside. Arrange pears in pan and pour skillet syrup on top.
- ☐ Let cool.
- ☐ Prepare batter: Sift together flour, ginger, baking powder, baking soda, cinnamon, salt and cloves. Set aside. In a bowl, beat sugar and egg until fluffy and thick, about 4 minutes.
- ☐ Mix in molasses and melted butter.
- ☐ Add half of dry ingredients, sour cream and then rest of dry ingredients just until smooth. Scrape batter into pan on top of cooled pears.
- ☐ Bake 50 to 60 minutes, until springy.
- ☐ Let cool for 2 minutes, then invert a platter on top of skillet and flip to unmold.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:23.41, Inflammation Score:-4, Nutrition Score:6.4769565385321%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 316.04kcal (15.8%), Fat: 9.45g (14.54%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 52.69g (19.16%), Sugar: 38.6g (42.88%), Cholesterol: 46.3mg (15.43%), Sodium: 150.46mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Manganese: 0.35mg (17.73%), Fiber: 3.3g (13.21%), Selenium: 8.97µg (12.82%), Folate: 38.5µg (9.63%), Vitamin B1: 0.14mg (9.39%), Vitamin B2: 0.15mg (8.68%), Iron: 1.45mg (8.07%), Copper: 0.13mg (6.67%), Vitamin C: 5.44mg (6.59%), Potassium: 226.44mg (6.47%), Vitamin A: 322.8IU (6.46%), Magnesium: 24.8mg (6.2%), Calcium: 61.55mg (6.15%), Vitamin B3: 1.18mg (5.9%), Phosphorus: 55.08mg (5.51%), Vitamin B6: 0.09mg (4.34%), Vitamin K: 4.21µg (4.01%), Vitamin B5: 0.3mg (3.01%), Vitamin E: 0.42mg (2.8%), Zinc: 0.33mg (2.19%), Vitamin D: 0.26µg (1.71%), Vitamin B12: 0.09µg (1.43%)