



Pear Upside-Down Gingerbread Cake

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons ginger fresh divided grated peeled
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 3 small pears cored peeled cut lengthwise into 1/4-inch-thick slices (1 pound)
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine softened

Equipment

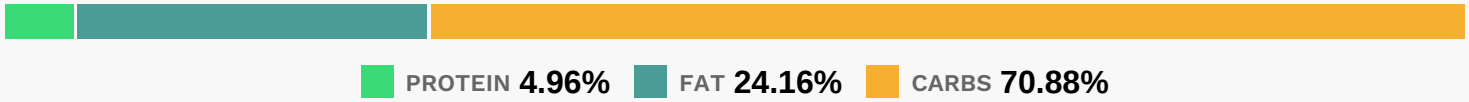
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine pears, 1 tablespoon ginger, and lemon juice. Coat a 9 x 2-inch round cake pan with cooking spray; sprinkle with granulated sugar. Arrange pears in bottom of pan in a circular pattern.
- ☐ Combine brown sugar and butter in a large bowl; beat at medium speed of a mixer until well-blended. Beat in egg.
- ☐ Add buttermilk, molasses, and 1 tablespoon ginger; beat until well-blended. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 6 ingredients (flour through nutmeg).
- ☐ Add flour mixture to batter; stir until well-blended.

- ☐ Pour over pears.
- ☐ Bake at 350 for 40 minutes or until cake springs back when touched lightly in center. Cool in pan 20 minutes on a wire rack.
- ☐ Place a plate sprinkled with powdered sugar upside down on top of cake pan; invert cake onto plate.

Nutrition Facts



Properties

Glycemic Index:39.48, Glycemic Load:16.71, Inflammation Score:-4, Nutrition Score:6.5686956566313%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 254.86kcal (12.74%), Fat: 7.03g (10.82%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 44.12g (16.04%), Sugar: 30.74g (34.16%), Cholesterol: 23.85mg (7.95%), Sodium: 319.36mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Manganese: 0.37mg (18.62%), Selenium: 9.78µg (13.98%), Vitamin B1: 0.14mg (9.58%), Magnesium: 38.12mg (9.53%), Folate: 37.12µg (9.28%), Fiber: 2.29g (9.16%), Iron: 1.58mg (8.76%), Vitamin B2: 0.15mg (8.71%), Potassium: 298.65mg (8.53%), Copper: 0.14mg (6.91%), Calcium: 65.86mg (6.59%), Vitamin A: 319.8IU (6.4%), Vitamin B6: 0.12mg (6%), Vitamin B3: 1.16mg (5.81%), Phosphorus: 56.32mg (5.63%), Vitamin C: 3.38mg (4.09%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2.66µg (2.53%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.1µg (1.6%)