

Skillet Pear Cake

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



407 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 pounds bosc pear firm cored ripe peeled halved lengthwise (4 medium pears)
- 0.3 cup candied ginger finely chopped
- 1 cup t brown sugar dark packed
- 2 large eggs at room temperature
- 2 cups flour all-purpose
- 0.8 cup granulated sugar

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.5 teaspoon salt fine
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 0.8 cup milk whole at room temperature

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks
- stand mixer
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Melt 1 stick of the butter in a cast-iron skillet over medium heat.
- Add the brown sugar and chopped ginger and cook, whisking occasionally, until the mixture is bubbling, about 4 minutes.
- Place the pears cut-side down in the skillet, arranging them in a circle with the stem ends pointing toward the center.
- Remove from the heat and set aside.
- Whisk the flour, baking powder, baking soda, salt, cinnamon, and ground ginger in a large bowl to aerate and break up any lumps; set aside.

- Place the remaining stick of butter and granulated sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until light and fluffy, about 3 minutes. Stop the mixer and scrape down the paddle and the sides of the bowl with a rubber spatula.
- Add the eggs and vanilla and beat on medium speed until incorporated, about 1 minute. Stop the mixer and scrape down the paddle and the sides of the bowl with the rubber spatula.
- Add a third of the reserved flour mixture, turn the mixer to low, and mix until the flour is just incorporated.
- Add half of the milk and mix until just incorporated. Continue with the remaining flour mixture and milk, alternating between each and ending with the flour, until all of the ingredients are incorporated and smooth. Stop the mixer, remove the bowl, and stir in any remaining flour streaks by hand, making sure to scrape the bottom of the bowl. Dollop the batter over the pears and smooth it into an even layer, leaving about a 1/2-inch border from the edges of the pan (the batter may not totally cover the pears).
- Bake until the top and edges of the cake are golden brown and a cake tester or toothpick inserted into the center comes out clean (test several spots because you may hit a pear), about 30 to 35 minutes.
- Transfer the skillet to a wire rack and let it cool for 20 minutes. Run a thin knife around the perimeter of the skillet and invert the cake onto a large serving platter (if any pears fall out, just arrange them back into the cake).
- Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:23.95, Inflammation Score:-4, Nutrition Score:6.9021738923114%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 406.79kcal (20.34%), Fat: 16.91g (26.01%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 58.95g (21.43%), Sugar: 41.45g (46.06%), Cholesterol: 73.32mg (24.44%), Sodium: 204.6mg (8.9%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 4.16g (8.33%), Selenium: 10.5µg (15%), Vitamin B1: 0.19mg (12.37%), Folate: 48.09µg (12.02%), Fiber: 2.96g (11.83%), Vitamin B2: 0.19mg (11.23%), Manganese: 0.22mg (11.19%), Vitamin A: 559.51IU (11.19%), Iron: 1.44mg (8.01%), Phosphorus: 76.17mg (7.62%), Calcium: 73.78mg (7.38%), Vitamin B3: 1.41mg (7.04%), Copper: 0.11mg (5.57%), Potassium: 175mg (5%), Vitamin K: 4.8µg (4.58%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.62µg (4.11%), Vitamin C: 3.25mg (3.94%), Magnesium: 15mg (3.75%), Vitamin B5: 0.36mg (3.58%), Vitamin B6: 0.06mg (3.16%), Vitamin B12: 0.19µg (3.14%), Zinc: 0.42mg (2.79%)