



Upside-Down Pear Gingerbread Cake

READY IN



300 min.

SERVINGS



6

CALORIES



743 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup blackstrap molasses (preferably mild)
- ☐ 2 pears firm (preferably Bosc)

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 6 servings whipped cream
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ pot holder

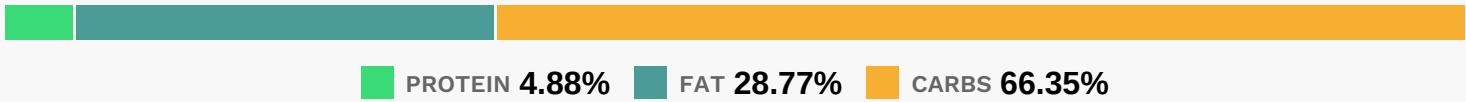
Directions

- ☐ Peel and core pears and cut each into 8 wedges.
- ☐ Melt butter in skillet over moderate heat until foam subsides. Reduce heat to low, then sprinkle brown sugar over bottom of skillet and cook, undisturbed, 3 minutes (not all sugar will be melted). Arrange pears decoratively over sugar and cook, undisturbed, 2 minutes.
- ☐ Remove from heat.
- ☐ Preheat oven to 350°F.
- ☐ Whisk together flour, baking soda, cinnamon, ginger, cloves, and salt in a bowl.
- ☐ Whisk together molasses and boiling water in a small bowl. Beat together butter, brown sugar, and egg in a large bowl with an electric mixer at medium speed until creamy, about 2 minutes, then alternately mix in flour mixture and molasses in 3 batches at low speed until smooth.
- ☐ Pour batter over topping in skillet, spreading evenly and being careful not to disturb pears, and bake in middle of oven until a tester comes out clean, 40 to 50 minutes.
- ☐ Cool cake in skillet on a rack 5 minutes. Run a thin knife around edge of skillet, then invert a large plate with a lip over skillet and, using pot holders to hold skillet and plate tightly together, invert cake onto plate. Replace any pears that stick to skillet.

☐

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:59.08, Inflammation Score:-8, Nutrition Score:21.591304312582%

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

Nutrients (% of daily need)

Calories: 742.52kcal (37.13%), Fat: 24.09g (37.05%), Saturated Fat: 14.58g (91.12%), Carbohydrates: 124.97g (41.66%), Net Carbohydrates: 120.98g (43.99%), Sugar: 79.72g (88.58%), Cholesterol: 100.71mg (33.57%), Sodium: 467.32mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Manganese: 1.53mg (76.64%), Selenium: 32.08µg (45.83%), Magnesium: 165.55mg (41.39%), Potassium: 1123.91mg (32.11%), Vitamin B1: 0.47mg (31.39%), Iron: 5.63mg (31.27%), Vitamin B2: 0.48mg (28.11%), Folate: 107.54µg (26.88%), Calcium: 243.21mg (24.32%), Vitamin B6: 0.47mg (23.68%), Copper: 0.44mg (21.99%), Vitamin B3: 3.84mg (19.21%), Phosphorus: 172.8mg (17.28%), Vitamin A: 811.77IU (16.24%), Fiber: 3.99g (15.95%), Vitamin B5: 1.27mg (12.69%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.36µg (6.06%), Vitamin E: 0.85mg (5.66%), Vitamin K: 4.66µg (4.44%), Vitamin D: 0.58µg (3.88%), Vitamin C: 2.96mg (3.59%)