Pear Upside-Down Cake

Julie Miltenberger Family Circle Magazine - November 2013

Servings: 16

2 tablespoons cold unsalted butter
1/2 cup packed dark brown sugar
2 (about 1 pound) Bartlett pears,
peeled, cored and thinly sliced
2 cups all-purpose flour
1 tablespoon ground ginger
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cardamon
1/2 cup (one stick) unsalted butter,
softened
1 cup granulated sugar
2 large eggs
1 teaspoon vanilla extract
2/3 cup milk

vanilla or brown sugar ice cream

(optional)

Preparation Time: 30 minutes

Bake: 1 hour

Preheat the oven to 350 degrees.

Add cold butter to a ten-inch springform pan. Heat in the oven until melted, about 3 minutes. Swirl the pan to coat the bottom with the melted butter. Sprinkle evenly with brown sugar.

Fan slices of pear over the sugar, with the pointed ends toward the center of the pan, overlapping slightly. Set aside.

In a small bowl, whisk together the flour, ginger, baking powder, salt and cardamom. With a stand mixer, beat the softened butter in a large bowl until smooth. Add the granulated sugar and beat for 2 minutes, until creamy. Beat in the eggs, one at a time, beating well after each addition. Beat in the vanilla.

On low speed, beat in the flour mixture, alternating with milk, beginning and ending with the flour mixture. Spoon the batter over the pears and spread to the pan edge with a spatula.

Wrap the bottom of the pan with foil. Bake for 55 to 60 minutes. Test the center of the cake with a toothpick. If the pick tests clean, remove to a wire rack. Cool for 5 minutes.

Invert the cake onto a plate. Remove the side of the pan. Carefully lift off the pan bottom and cool the cake to room temperature.

Serve slightly warm with ice cream, if desired.

Per Serving (excluding unknown items): 199 Calories; 6g Fat (24.6% calories from fat); 3g Protein; 35g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 145mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

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Calories (kcal):	199	Vitamin B6 (mg):	trace
% Calories from Fat:	24.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	69.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	29mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 0%
Cholesterol (mg):	40mg	7. Danies	1111-74
Carbohydrate (g):	35g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	145mg	Vegetable:	0
Potassium (mg):	96mg	Fruit:	0
Calcium (mg):	62mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	1mg	-	
Vitamin A (i.u.):	210IU		
Vitamin A (r.e.):	53RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving			
Calories 199	Calories from Fat: 49		
	% Daily Values*		
Total Fat 6g	8%		
Saturated Fat 3g	16%		
Cholesterol 40mg	13%		
Sodium 145mg	6%		
Total Carbohydrates 35g	12%		
Dietary Fiber 1g	4%		
Protein 3g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	6%		
Iron	6%		

^{*} Percent Daily Values are based on a 2000 calorie diet.