

Caramelized Upside-Down Pear-Ginger Cake

Ladies Home Journal - Delicious Desserts

Servings: 16

*3/4 cup packed brown sugar
4 tablespoons butter
2 tablespoons light-colored corn syrup
1 teaspoon vanilla
1/2 cup chopped pecans (optional),
toasted
3 medium firm Bosc pears
1 package (two-layer-size) spice cake
mix
1 tablespoon crystallized ginger,
finally chopped
vanilla ice cream
purchased caramel sauce (optional),
warmed*

Preparation Time: 20 minutes

Bake: 30 minutes

Preheat the oven to 350 degrees.

In a medium skillet, combine the brown sugar, butter and corn syrup. Cook and stir over medium heat until combined. Remove from the heat. Stir in the vanilla. Spread the mixture evenly in two 9x1-1/2-inch round cake pans. If desired, sprinkle with nuts.

Core and, if desired, peel the pears. Cut into thin wedges. Arrange the pears in the pans. Set aside.

Prepare the cake mix according to package directions, except add one additional egg. Stir in the crystallized ginger. Spoon the batter evenly over the pear slices in the pans.

Bake for 30 to 35 minutes or until a wooden toothpick inserted near the centers comes out clean. Cool the pans on wire racks for 5 minutes. Loosen the cakes from the sides of the pans; invert onto serving platters.

Serve warm with ice cream and, if desired, warmed caramel sauce.

Per Serving (excluding unknown items): 67 Calories; 3g Fat (37.6% calories from fat); trace Protein; 11g Carbohydrate; 0g Dietary Fiber; 8mg Cholesterol; 34mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	67
% Calories from Fat:	37.6%
% Calories from Carbohydrates:	62.2%
% Calories from Protein:	0.2%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	11g
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	34mg
Potassium (mg):	54mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	108IU
Vitamin A (r.e.):	27RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 67 Calories from Fat: 25

% Daily Values*

Total Fat 3g	4%
Saturated Fat 2g	9%
Cholesterol 8mg	3%
Sodium 34mg	1%
Total Carbohydrates 11g	4%
Dietary Fiber 0g	0%
Protein trace	

Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	2%

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