



Delicious!

PREPARATION: 30 MINUTES | COOKING: 40 MINUTES | SERVINGS: 12

PEAR AND GINGER UPSIDE DOWN CAKE

INGREDIENTS

Syrup

3 slices fresh ginger

½ cup granulated sugar

2 tablespoons lemon juice

2 tablespoons water

Cake

1 can (15 oz) halved pears in juice, drained and sliced

1 ½ cup all purpose flour

1 teaspoon cream of tartar

½ teaspoon baking soda

½ cup unsalted butter, softened

½ cup granulated sugar

2 eggs

1 teaspoon vanilla

1 tablespoon lemon zest

1 tablespoon fresh ginger, grated

½ cup milk (1% milk fat)

PREPARATION

- 1** Preheat oven to 375°F.
- 2** In a microwave-safe deep bowl or measuring cup, prepare the syrup. Crush the ginger slices with a wooden spoon. This unleashes the flavor of the ginger. Add sugar, lemon juice, and water. Heat in the microwave for 2 minutes. Then stir to dissolve the sugar. Add more time in the microwave if the sugar is not completely dissolved. Pour the mixture into a 9-inch cake pan. Place the pear slices on top and set aside.
- 3** In a small bowl, mix the flour, cream of tartar, and baking soda. Set aside.
- 4** In a bigger bowl, with the help of an electric mixer, mix butter and sugar for about 2 minutes until smooth. Add the eggs and continue to mix for 2 minutes. Add vanilla, lemon zest and grated ginger.
- 5** With the help of a wooden spoon, slowly add the dry ingredients from step 3 and milk while alternating.
- 6** Pour the mixture into the cake pan over the pear slices. Use a spoon to gently distribute the mixture evenly. Bake in the oven for 40 minutes or until a toothpick inserted in the center comes out clean. Take out of the oven and let cool for 10 minutes.
- 7** Cut around the edge of the cake, place a large plate on top, and flip the cake upside down to release from the pan.

Tip: Canned pears in place of fresh ones can lower the potassium in a recipe.



PEAR AND GINGER UPSIDE DOWN CAKE



Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	
2 Starch + 1 Lower-Potassium Fruit + 1 Fat	
Calories	203 Kcal
Protein	3 g
Total Carbohydrate	41 g
Fiber	2 g
Sugars	17 g
Fat	9 g
Saturated	5 g
Cholesterol	55 mg
Sodium	69 mg
Potassium	174 mg
Phosphorus	46 mg
Calcium	30 mg

Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input type="checkbox"/> Transplant

POTASSIUM CHECK ✓

Ginger and low-potassium desserts

Choosing a dessert that fits into a low-potassium diet for chronic kidney disease can be a challenge. It's important however to find a sweet treat you can enjoy. Many desserts contain potassium-rich ingredients such as chocolate, nuts, or dairy. Preparing a recipe from scratch allows you to maintain low-potassium ingredients. Portion size also makes a difference to limit the potassium you are eating. Sweetness can be maintained in desserts with lower-potassium fruits and spices.

Ginger is one spice that can enhance dessert taste. The rich flavor in ginger comes from compounds called ginerols. Ginger not only adds flavor to a low-potassium diet, but is also beneficial to blood pressure, blood cholesterol, and your body's immune system. When selecting fresh ginger, pick a piece that has smooth rather than wrinkled skin, which points to less freshness. Avoid peeling until just before use to optimize flavor. Ginger can be stored short-term on a countertop or more long-term wrapped in the freezer.

Presented by



Favorably reviewed by



Supported by an educational donation by

