



*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.**



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## Nutrient Analysis

### PER SERVING

½ of recipe

### Renal/Diabetic Exchanges:

2 Starch + 1 Lower-Potassium

Fruit + 1 Fat

Calories	<b>203 Kcal</b>
Protein	<b>3 g</b>
Total Carbohydrate	<b>41 g</b>
Fiber	<b>2 g</b>
Sugars	<b>17 g</b>
Fat	<b>9 g</b>
Saturated	<b>5 g</b>
Cholesterol	<b>55 mg</b>
Sodium	<b>69 mg</b>
Potassium	<b>174 mg</b>
Phosphorus	<b>46 mg</b>
Calcium	<b>30 mg</b>

## Diet Types

CKD Non-Dialysis  Dialysis/Diabetes

Dialysis  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.

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