nutrients per serving:
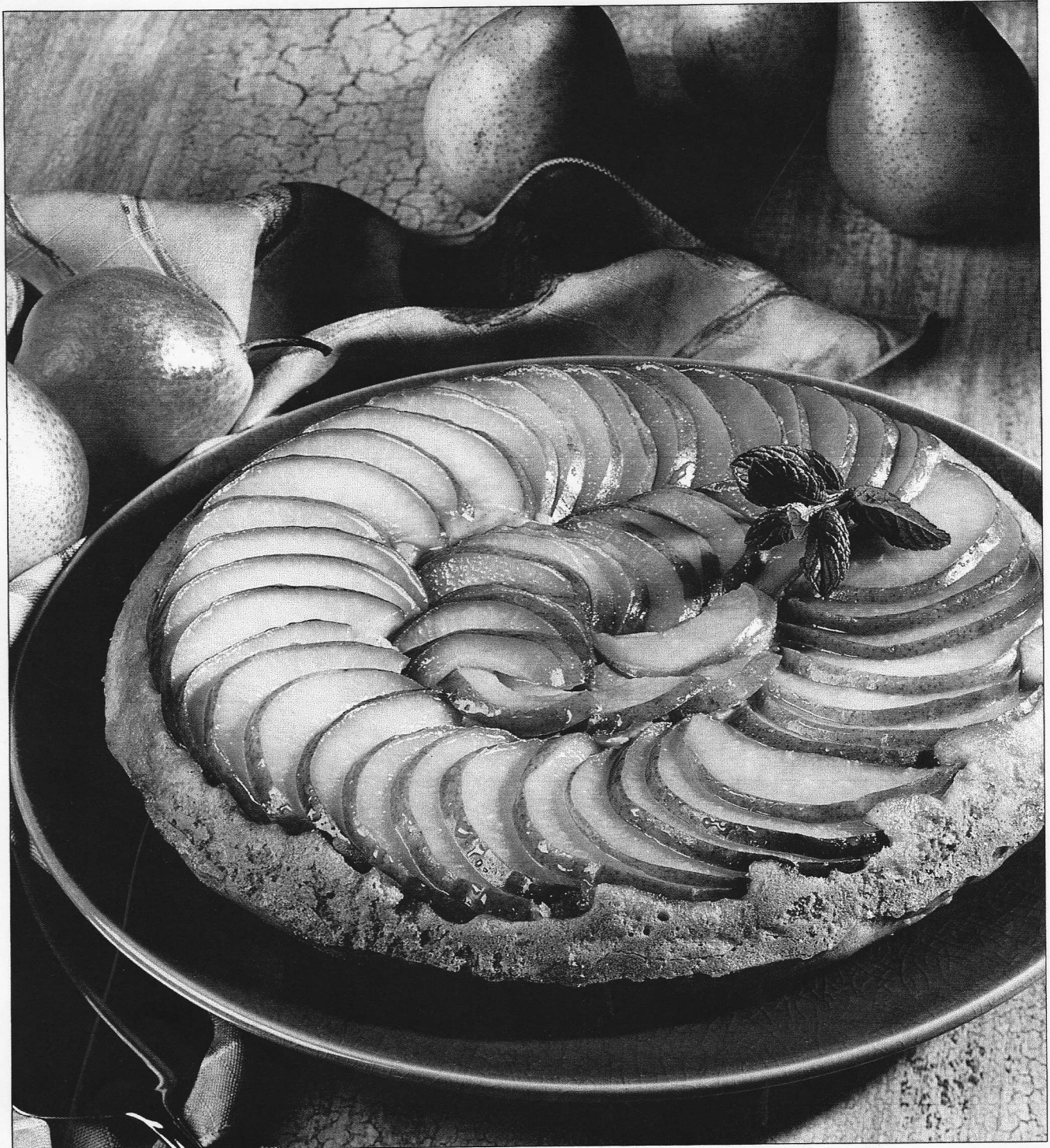
1 cake slice
(⅛ of total recipe)
Calories: 139
Carbohydrate: 23 g
Dietary Fiber: 2 g
Total Fat: 4 g
Calories From Fat: 27%
Saturated Fat: 1 g
Cholesterol: 31 mg
Sodium: 174 mg
Protein: 3 g

Exchanges: 1½ Starch, ½ Fat

pear-ginger upside-down cake

2 unpeeled Bosc or Anjou pears, cored and sliced into ¼-inch-thick pieces
3 tablespoons fresh lemon juice
1 to 2 tablespoons melted butter
1 to 2 tablespoons packed brown sugar
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
¼ teaspoon baking soda
⅛ teaspoon salt
⅓ cup fat-free (skim) milk
3 tablespoons no-sugar-added apricot fruit spread
1 egg
1 tablespoon vegetable oil
1 tablespoon minced fresh ginger

1. Preheat oven to 375°F. Spray 10-inch deep-dish pie pan with nonstick cooking spray; set aside.

2. Toss pears in lemon juice; drain. Brush butter evenly onto bottom of prepared pan; sprinkle sugar over butter. Arrange pears in pan; bake 10 minutes.

3. Meanwhile, combine flour, baking powder, cinnamon, baking soda and salt in small bowl; set aside. Combine milk, apricot spread, egg, oil and ginger in medium bowl; mix well. Add flour mixture; stir until well mixed. (Batter will be very thick.) Carefully spread batter evenly over pears to edge of pan.

4. Bake 20 to 25 minutes or until golden brown and toothpick inserted into center comes out clean.

5. Remove pan to wire rack; cool 5 minutes. Use knife to loosen cake from side of pan. Place 10-inch plate over top of pan; quickly turn over to transfer cake to plate. Place any pears left in pan on top of cake. Serve warm.   *Makes 8 servings*

pear-ginger upside-down cake