



Cran-Apple Kuchen

READY IN



100 min.

SERVINGS



12

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 cup butter unsalted cold cubed
- ☐ 1 eggs
- ☐ 2 teaspoons water
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup granulated sugar

- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon orange zest
- ☐ 1 eggs
- ☐ 1 tablespoon butter unsalted softened
- ☐ 14 oz roasted cranberry sauce whole canned
- ☐ 1 tablespoon orange juice
- ☐ 2 large apples cored peeled
- ☐ 1 serving powdered sugar

Equipment

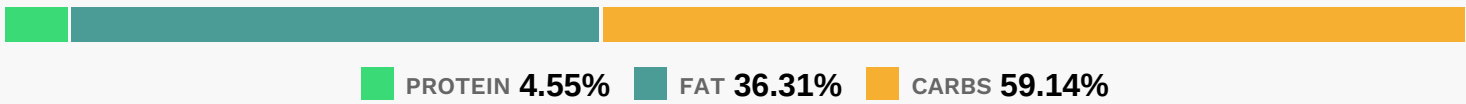
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ springform pan
- ☐ cutting board

Directions

- ☐ Grease 9-inch cake pan or springform pan with butter.
- ☐ In large bowl, mix 1 1/2 cups flour, 1/3 cup granulated sugar and the baking powder with whisk.
- ☐ Add cold cubed butter; cut in with pastry blender or 2 knives until coarse crumbs are formed.
- ☐ In small bowl, beat 1 egg, the water and vanilla.
- ☐ Pour over flour mixture, and stir until just moistened; mixture will be dry. Knead mixture until flour is incorporated and consistent dough forms. Press dough in bottom and 1 1/2 inches up side of pan. Refrigerate 15 minutes.
- ☐ Place pecans, 1/2 cup granulated sugar, 3 tablespoons flour and the orange peel in food processor fitted with steel blade attachment. Cover; process until nuts are finely ground.

- ☐ Add egg and softened butter; process again until blended.
- ☐ Spread mixture over chilled crust.
- ☐ Heat oven to 350°F.
- ☐ In medium bowl, mix cranberry sauce and orange juice until well combined and cranberry sauce is loosened.
- ☐ Spread over nut mixture, leaving 1 inch border.
- ☐ Cut apples into quarters, and place them cored side down on cutting board.
- ☐ Cut thin lengthwise slits in each quarter cutting to, but not through the cored side. Arrange apple quarters around outside edge of dough crust so they are just touching.
- ☐ Bake about 1 hour or until crust is lightly browned. Cool 10 minutes.
- ☐ Sprinkle with powdered sugar before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:20.87, Inflammation Score:-4, Nutrition Score:5.7886957033821%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 12.92g (19.87%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 45.15g (16.42%), Sugar: 29.32g (32.58%), Cholesterol: 50.12mg (16.71%), Sodium: 40.7mg (1.77%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.65g (7.29%), Manganese: 0.36mg (18.03%),

Selenium: 8.69µg (12.41%), Vitamin B1: 0.18mg (12.24%), Folate: 38.71µg (9.68%), Vitamin B2: 0.15mg (8.81%), Fiber: 2.19g (8.74%), Iron: 1.28mg (7.09%), Vitamin A: 345.16IU (6.9%), Phosphorus: 59.74mg (5.97%), Vitamin B3: 1.17mg (5.86%), Copper: 0.11mg (5.38%), Vitamin E: 0.77mg (5.15%), Vitamin C: 3.03mg (3.67%), Magnesium: 13.27mg (3.32%), Calcium: 31mg (3.1%), Zinc: 0.46mg (3.07%), Potassium: 103.07mg (2.94%), Vitamin B5: 0.27mg (2.66%), Vitamin B6: 0.05mg (2.54%), Vitamin K: 2.26µg (2.15%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.08µg (1.39%)