



## Cranberry-Apple-Pumpkin Bundt

 Vegetarian

READY IN



270 min.

SERVINGS



12

CALORIES



608 kcal

SIDE DISH

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar light packed
- 1 cup butter softened
- 2 tablespoons butter melted
- 15 oz pumpkin puree canned
- 4 large eggs
- 3 cups flour all-purpose

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- 1.5 cups apples i use 2 granny smith apples diced peeled
- 2 cups granulated sugar
- 12 servings maple syrup
- 0.8 cup pecans finely chopped
- 12 servings pecans
- 2 teaspoons pumpkin pie spice
- 0.5 cup cranberries dried sweetened finely chopped
- 1 tablespoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- kugelhopf pan

## Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until toasted, stirring halfway through. Cool 15 minutes. Reduce oven temperature to 32
- Toss diced apples in 2 Tbsp. melted butter to coat in a medium bowl; add cranberries, next 2 ingredients, and toasted pecans, and toss until well blended.
- Beat granulated sugar and 1 cup butter at medium speed with an electric mixer until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Add pumpkin and vanilla; beat just until blended.
- Stir together 3 cups flour and next 3 ingredients. Gradually add flour mixture to butter mixture, beating at low speed just until blended after each addition. Spoon half of batter into

a greased and floured 10-inch (12-cup) Bundt pan. Spoon apple mixture over batter, leaving a 1/2-inch border around outer edge. Spoon remaining batter over apple mixture.

- Bake at 325 for 1 hour and 10 minutes to 1 hour and 20 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 15 minutes.
- Remove from pan to wire rack; cool completely (about 2 hours).
- Meanwhile, prepare Sugared Pecans and Pepitas.
- Prepare Maple Glaze; immediately spoon onto cooled cake. Arrange pecans and pepitas on cake.

## Nutrition Facts

**PROTEIN 4.44%** **FAT 36.37%** **CARBS 59.19%**

### Properties

Glycemic Index:41.72, Glycemic Load:47.26, Inflammation Score:-10, Nutrition Score:16.977826128835%

### Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

### Nutrients (% of daily need)

Calories: 608.26kcal (30.41%), Fat: 25.1g (38.61%), Saturated Fat: 12.06g (75.38%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 88.56g (32.2%), Sugar: 61.24g (68.04%), Cholesterol: 107.69mg (35.9%), Sodium: 284.38mg (12.36%), Alcohol: 0.37g (100%), Alcohol %: 0.24% (100%), Protein: 6.89g (13.78%), Vitamin A: 6149.77IU (123%), Manganese: 1.18mg (58.82%), Vitamin B2: 0.54mg (31.98%), Selenium: 17.37µg (24.81%), Vitamin B1: 0.34mg (22.99%), Folate: 75.7µg (18.93%), Iron: 2.81mg (15.59%), Fiber: 3.37g (13.46%), Phosphorus: 125.47mg (12.55%), Vitamin B3: 2.28mg (11.39%), Calcium: 106.78mg (10.68%), Copper: 0.21mg (10.39%), Vitamin E: 1.31mg (8.76%), Magnesium: 34.09mg (8.52%), Vitamin K: 8.4µg (8%), Potassium: 249.57mg (7.13%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.67mg (6.66%), Vitamin B6: 0.09mg (4.67%), Vitamin B12: 0.18µg (3.07%), Vitamin C: 2.38mg (2.89%), Vitamin D: 0.33µg (2.22%)