



Cranberry Buckle with Vanilla Crumb

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 8 ounces cranberries fresh
- ☐ 2 eggs
- ☐ 8.8 ounces flour all-purpose
- ☐ 5.3 ounces granulated sugar
- ☐ 1 orange zest
- ☐ 0.5 teaspoon sea salt fine
- ☐ 5 ounces cream sour

- ☐ 4 ounces butter unsalted
- ☐ 1 cup vanilla
- ☐ 1 tablespoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Preheat the oven to 350°F. Butter a 9-inch square baking pan. Sift the flour, baking powder, and salt together in a bowl.
- ☐ Using a handheld mixer with beaters or a stand mixer with the paddle attachment, cream the butter, sugar, and orange zest together on medium-high speed for 3 to 5 minutes, until light and fluffy.
- ☐ Add the eggs one at a time, scraping down the sides of the bowl after each addition, then stir in the vanilla. Stir in the flour mixture in three additions alternating with the sour cream in two additions, beginning and ending with the flour mixture and scraping down the sides of the bowl occasionally.
- ☐ Fold in 1 cup of the cranberries.
- ☐ Spread the mixture into the prepared pan.
- ☐ Distribute the remaining 1 cup cranberries over the cake and sprinkle the crumb topping over the cranberries.
- ☐ Bake for 45 to 50 minutes, or until lightly golden and firm on top.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Baker & Spice, evolved from her involvement in the Portland and Hillsdale farmers' markets. She lives in Portland, Oregon.

Nutrition Facts



 **PROTEIN 5.72%**  **FAT 39.74%**  **CARBS 54.54%**

Properties

Glycemic Index:35.26, Glycemic Load:31.43, Inflammation Score:-5, Nutrition Score:8.4886957977129%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 431.52kcal (21.58%), Fat: 16.4g (25.23%), Saturated Fat: 9.47g (59.18%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 48.63g (17.68%), Sugar: 24.01g (26.68%), Cholesterol: 81.85mg (27.28%), Sodium: 277.92mg (12.08%), Alcohol: 9.5g (100%), Alcohol %: 7.96% (100%), Protein: 5.31g (10.62%), Selenium: 14.84µg (21.2%), Manganese: 0.38mg (19.19%), Vitamin B1: 0.26mg (17.35%), Vitamin B2: 0.27mg (16.17%), Folate: 64.14µg (16.03%), Vitamin A: 547.32IU (10.95%), Iron: 1.88mg (10.43%), Vitamin B3: 2.02mg (10.1%), Phosphorus: 99.14mg (9.91%), Calcium: 98.87mg (9.89%), Fiber: 2.02g (8.08%), Vitamin C: 6.17mg (7.48%), Vitamin E: 0.91mg (6.06%), Copper: 0.1mg (4.83%), Vitamin B5: 0.48mg (4.8%), Potassium: 141.25mg (4.04%), Magnesium: 15.82mg (3.95%), Vitamin B6: 0.07mg (3.3%), Zinc: 0.49mg (3.28%), Vitamin D: 0.43µg (2.88%), Vitamin K: 2.8µg (2.67%), Vitamin B12: 0.16µg (2.65%)