



Cranberry-Caramel Cake

READY IN



150 min.

SERVINGS



16

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 cup eggnog light
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 1.5 cups cranberries fresh coarsely chopped
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.5 cup butter
- ☐ 1.3 cups brown sugar packed

- ☐ 2 tablespoons plus light
- ☐ 0.5 cup whipping cream

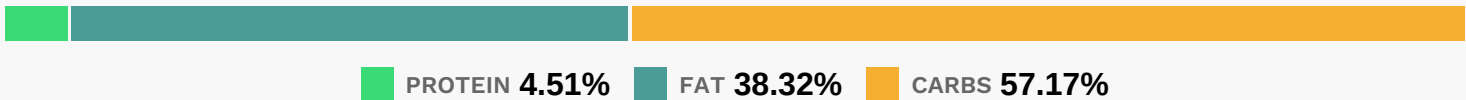
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 325°F. Grease and lightly flour 12-cup fluted tube cake pan, or spray with baking spray with flour. In large bowl, beat cake mix, pumpkin pie spice, eggnog, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Stir in cranberries and walnuts.
- ☐ Pour into pan.
- ☐ Bake 45 to 55 minutes or until toothpick inserted near center comes out clean. Cool in pan 10 minutes. Turn cake upside down onto cooling rack; remove pan. Cool completely, about 1 hour.
- ☐ Melt butter in 2-quart saucepan over medium-high heat. Stir in brown sugar and corn syrup.
- ☐ Heat to boiling. Cook about 1 minute, stirring constantly, until sugar dissolves. Stir in whipping cream. Return to boiling, stirring constantly.
- ☐ Remove from heat.
- ☐ Serve warm sauce over cake.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:1.51, Inflammation Score:-3, Nutrition Score:5.9717391159223%

Flavonoids

Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 335.05kcal (16.75%), Fat: 14.58g (22.43%), Saturated Fat: 7g (43.74%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 47.95g (17.44%), Sugar: 34.82g (38.69%), Cholesterol: 63.71mg (21.24%), Sodium: 310.05mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Phosphorus: 154.49mg (15.45%), Manganese: 0.27mg (13.7%), Calcium: 120.71mg (12.07%), Vitamin B2: 0.17mg (9.8%), Folate: 30.43µg (7.61%), Vitamin A: 370.87IU (7.42%), Selenium: 4.9µg (7%), Vitamin B1: 0.1mg (6.71%), Iron: 1.16mg (6.43%), Vitamin E: 0.92mg (6.11%), Copper: 0.1mg (5.24%), Vitamin K: 4.89µg (4.66%), Vitamin B3: 0.85mg (4.27%), Vitamin B6: 0.08mg (4.13%), Vitamin B5: 0.41mg (4.08%), Magnesium: 16.15mg (4.04%), Fiber: 1.01g (4.03%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.47µg (3.16%), Potassium: 109.7mg (3.13%), Zinc: 0.44mg (2.9%), Vitamin C: 1.7mg (2.06%)