



Cranberry-Filled Sour Cream Coffee Cake with Orange Glaze

 Vegetarian

READY IN



130 min.

SERVINGS



16

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups cranberries fresh
- 0.5 cup sugar
- 1 tablespoon orange zest grated
- 3 cups flour all-purpose
- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 0.8 teaspoon salt

- 1.5 cups granulated sugar
- 0.8 cup butter softened
- 1.5 teaspoons vanilla
- 3 eggs
- 1.5 cups cream sour
- 0.8 cup powdered sugar
- 2 teaspoons orange juice

Equipment

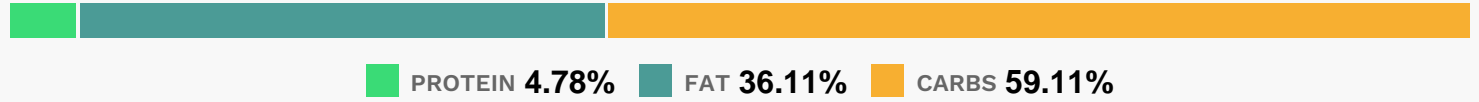
- food processor
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease or spray 12-cup fluted tube cake pan.
- In food processor, place filling ingredients. Cover; process until finely chopped. Set aside. In large bowl, stir flour, baking powder, baking soda and salt until well mixed; set aside.
- In another large bowl, beat granulated sugar, butter, vanilla and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Beat about one-fourth of the flour mixture and sour cream at a time alternately into sugar mixture on low speed until blended.
- Spread one-half of the batter (about 3 cups) in pan; spoon cranberry filling over batter (do not touch filling to side of pan). Top with remaining batter; spread evenly.
- Bake 55 to 65 minutes or until toothpick inserted near center comes out clean. Cool 10 minutes in pan on cooling rack.

- Remove from pan to cooling rack. Cool 20 minutes. In small bowl, mix glaze ingredients until thin enough to drizzle.
- Drizzle over coffee cake.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:31.01, Inflammation Score:-4, Nutrition Score:5.7921738676403%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 342.01kcal (17.1%), Fat: 13.93g (21.42%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 50.17g (18.25%), Sugar: 31.94g (35.49%), Cholesterol: 66.29mg (22.1%), Sodium: 339.31mg (14.75%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Protein: 4.15g (8.29%), Selenium: 11.58µg (16.55%), Vitamin B1: 0.19mg (12.99%), Folate: 48.88µg (12.22%), Vitamin B2: 0.2mg (11.92%), Manganese: 0.21mg (10.6%), Vitamin A: 455.62IU (9.11%), Iron: 1.34mg (7.45%), Vitamin B3: 1.44mg (7.18%), Phosphorus: 70.43mg (7.04%), Calcium: 56.62mg (5.66%), Fiber: 1.13g (4.5%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.35mg (3.54%), Vitamin C: 2.89mg (3.5%), Copper: 0.05mg (2.69%), Zinc: 0.37mg (2.45%), Magnesium: 9.59mg (2.4%), Vitamin B12: 0.14µg (2.28%), Potassium: 79.78mg (2.28%), Vitamin B6: 0.04mg (2.09%), Vitamin K: 1.79µg (1.7%), Vitamin D: 0.17µg (1.1%)