



Cranberry-Maple Pudding Cake

READY IN



45 min.

SERVINGS



8

CALORIES



527 kcal

DESSERT

Ingredients

- ☐ 0.7 cup flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups cranberries fresh
- ☐ 1 large eggs
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1 cup maple syrup dark pure (grade B or grade A amber)
- ☐ 0.8 teaspoon orange zest finely grated
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar

- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 0.5 cup milk whole
- ☐ 0.3 cup cornmeal yellow stone-ground (preferably)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Combine first 4 ingredients and pinch of salt in medium saucepan. Bring to boil, stirring occasionally. Reduce heat and simmer 1 minute.
- ☐ Remove from heat.
- ☐ Whisk flour, cornmeal, baking powder, and 1/2 teaspoon salt in medium bowl.
- ☐ Whisk egg and sugar in another medium bowl.
- ☐ Whisk milk, melted butter, and vanilla into egg mixture.
- ☐ Add flour mixture to egg mixture; whisk to blend.
- ☐ Pour warm cranberry mixture into 11x7x2-inch or 8x8x2-inch glass or ceramic baking dish.
- ☐ Pour batter over.
- ☐ Bake cake until golden and cranberry mixture bubbles at edges, about 28 minutes. Cool 15 minutes.
- ☐ Serve cake warm topped with crème fraîche, whipped cream, or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:60.76, Glycemic Load:32.3, Inflammation Score:-6, Nutrition Score:12.425217276034%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 526.74kcal (26.34%), Fat: 27.55g (42.38%), Saturated Fat: 16.9g (105.61%), Carbohydrates: 64.6g (21.53%), Net Carbohydrates: 62.32g (22.66%), Sugar: 45.21g (50.23%), Cholesterol: 107.03mg (35.68%), Sodium: 163.42mg (7.11%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.13g (12.26%), Manganese: 1.14mg (56.95%), Vitamin B2: 0.83mg (48.55%), Calcium: 215.54mg (21.55%), Vitamin A: 998.2IU (19.96%), Phosphorus: 157.39mg (15.74%), Vitamin B1: 0.17mg (11.62%), Selenium: 8.12µg (11.6%), Potassium: 329.51mg (9.41%), Fiber: 2.29g (9.15%), Zinc: 1.24mg (8.29%), Magnesium: 33.13mg (8.28%), Vitamin E: 1.14mg (7.63%), Vitamin B5: 0.76mg (7.62%), Vitamin B12: 0.45µg (7.52%), Folate: 29.08µg (7.27%), Vitamin D: 0.95µg (6.37%), Iron: 1.06mg (5.9%), Vitamin B6: 0.12mg (5.87%), Vitamin C: 4.27mg (5.18%), Vitamin B3: 0.96mg (4.78%), Copper: 0.07mg (3.51%), Vitamin K: 3.18µg (3.03%)