



Cranberry-Orange Bundt Cakes

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



317 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 tablespoon butter melted
- 12 tablespoons butter softened
- 3 large eggs
- 3 cups flour all-purpose
- 1.8 cups granulated sugar
- 0.8 cup buttermilk low-fat

- 0.3 cup orange juice fresh
- 0.5 cup orange juice fresh
- 2 teaspoons orange zest grated
- 2 cups powdered sugar
- 0.5 teaspoon salt
- 1 cup cranberries dried sweetened
- 1 teaspoon vanilla extract

Equipment

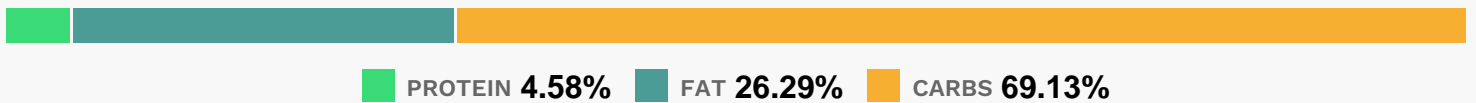
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- microwave
- measuring cup

Directions

- Preheat oven to 35
- Coat 18 mini Bundt cups with baking spray.
- Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, baking powder, baking soda, and 1/2 teaspoon salt in a bowl, stirring well with a whisk.
- Place granulated sugar and 12 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended.
- Add eggs, 1 at a time, beating well after each addition. Beat in vanilla.
- Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture.

- Combine dried cranberries and 1/2 cup orange juice in a microwave-safe dish. Microwave at HIGH for 1 minute; let stand 10 minutes. Fold cranberry mixture into batter.
- Spoon batter evenly into prepared pans.
- Bake at 350 for 18 minutes or until a wooden pick inserted in centers comes out with moist crumbs clinging. Cool 5 minutes in pans on a wire rack; remove from pans.
- Combine powdered sugar, 1/4 cup fresh orange juice, melted butter, and grated orange rind, stirring until smooth. Dip tops of cooled cakes in glaze; let stand until set.
- Dip & Swirl: For a glaze that completely covers the cakes, dip the tops into glaze and swirl them around a bit to make sure the glaze coats and sticks.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:25.74, Inflammation Score:-3, Nutrition Score:5.1926086778226%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 317.46kcal (15.87%), Fat: 9.46g (14.55%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 55.01g (20%), Sugar: 38.8g (43.11%), Cholesterol: 53.14mg (17.71%), Sodium: 265.5mg (11.54%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Protein: 3.71g (7.41%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.18mg (12.08%), Folate: 46.01µg (11.5%), Vitamin B2: 0.17mg (10.09%), Manganese: 0.17mg (8.3%), Iron: 1.24mg (6.87%), Vitamin C: 5.58mg (6.77%), Vitamin B3: 1.33mg (6.64%), Vitamin A: 323.98IU (6.48%), Phosphorus: 62.42mg (6.24%), Calcium: 50.43mg (5.04%), Fiber: 0.96g (3.86%), Vitamin E: 0.49mg (3.24%), Vitamin B5: 0.29mg (2.93%), Copper: 0.05mg (2.43%), Potassium: 76.84mg (2.2%), Zinc: 0.32mg (2.14%), Magnesium: 8.49mg (2.12%), Vitamin B12: 0.11µg (1.89%), Vitamin B6: 0.03mg (1.71%), Vitamin K: 1.33µg (1.26%), Vitamin D: 0.17µg (1.11%)