



Cranberry-Orange Coffee Cake

READY IN



45 min.

SERVINGS



16

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup cranberries dried
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup 0%-less-fat cream sour (such as Daisy)
- ☐ 2 teaspoons orange juice fresh

- ☐ 2 tablespoons orange rind grated
- ☐ 0.7 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup stick margarine softened
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons walnuts chopped

Equipment

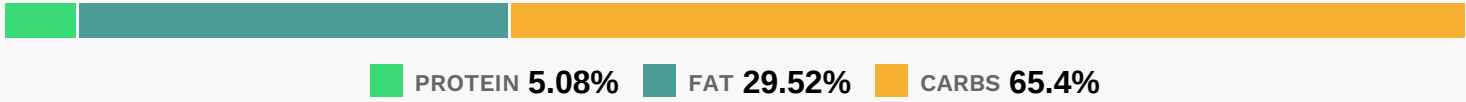
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ spatula
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 12-cup Bundt pan with cooking spray; dust with 1 tablespoon flour, and set aside.
- ☐ Beat butter in a large bowl at medium speed of a mixer until creamy; gradually add sugar.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Add vanilla and sour cream, beating just until blended.
- ☐ Combine 2 cups flour, baking powder, and salt; gradually add to sour cream mixture, beating just until smooth.
- ☐ Combine cranberries and next 4 ingredients, stirring well. Spoon 1/3 of batter into prepared pan.
- ☐ Sprinkle cranberry mixture around center of batter. Spoon remaining batter over cranberry mixture, smoothing with a spatula.

- ☐
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐
- Let cool in pan on a wire rack 10 minutes.
- ☐
- Remove from pan, and let cool completely on a wire rack.
- ☐
- Combine powdered sugar and orange juice, stirring well; drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:21.78, Inflammation Score:-3, Nutrition Score:4.6195652420106%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 254.29kcal (12.71%), Fat: 8.48g (13.05%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 41.36g (15.04%), Sugar: 28.08g (31.2%), Cholesterol: 25.82mg (8.6%), Sodium: 202.78mg (8.82%), Alcohol: 0.17g (100%), Alcohol %: 0.31% (100%), Protein: 3.29g (6.57%), Selenium: 7.84µg (11.2%), Manganese: 0.21mg (10.56%), Vitamin B1: 0.14mg (9.55%), Folate: 35.38µg (8.85%), Vitamin B2: 0.14mg (8.5%), Calcium: 73.77mg (7.38%), Vitamin A: 346.41IU (6.93%), Phosphorus: 64.94mg (6.49%), Iron: 1.07mg (5.93%), Vitamin B3: 1.03mg (5.13%), Fiber: 0.94g (3.75%), Copper: 0.07mg (3.28%), Vitamin E: 0.41mg (2.76%), Vitamin B5: 0.25mg (2.45%), Magnesium: 9.69mg (2.42%), Zinc: 0.33mg (2.22%), Vitamin C: 1.62mg (1.97%), Potassium: 66.04mg (1.89%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.11µg (1.79%)