



## Cranberry-Orange Gâteau with Cream-Cheese Filling

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

SIDE DISH

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 0.7 cup cranberries dried
- 1 large eggs
- 1 large egg whites
- 0.5 cup nonfat buttermilk fat-free

- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 1.5 tablespoons orange juice fresh
- 2 teaspoons orange juice fresh
- 2 teaspoons orange zest grated
- 0.3 cup part-skim ricotta
- 1 cup powdered sugar sifted
- 0.3 teaspoon salt
- 3 tablespoons cornmeal yellow

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- measuring cup
- serrated knife

## Directions

- Preheat oven to 35
- To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through salt) in a bowl, stirring well with a whisk.
- Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- Add rind; beat to combine.

- Add egg and egg white, 1 at a time, beating well after each addition.
- Combine buttermilk and ricotta, stirring well with a whisk.
- Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Fold in cranberries. Spoon batter into a 9-inch round cake pan coated with cooking spray.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- To prepare filling, place 1 cup powdered sugar and cream cheese in a bowl; beat with a mixer at medium speed until well blended.
- Add 2 teaspoons orange juice, and beat to combine. Cover and chill 30 minutes.
- To prepare glaze, combine 1 cup powdered sugar and 1 1/2 tablespoons orange juice, stirring well with a whisk.
- Split cooled cake in half horizontally using a serrated knife; place bottom layer, cut side up, on a plate.
- Spread filling over cake layer. Top with remaining cake layer, cut side down.
- Spread glaze over cake.

## Nutrition Facts



**PROTEIN 6.39%**

**FAT 19.57%**

**CARBS 74.04%**

### Properties

Glycemic Index:45.96, Glycemic Load:22.44, Inflammation Score:-2, Nutrition Score:4.7386957018272%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

### Nutrients (% of daily need)

Calories: 274.07kcal (13.7%), Fat: 6.08g (9.35%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 50.48g (18.36%), Sugar: 33.66g (37.4%), Cholesterol: 32.96mg (10.99%), Sodium: 224.3mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Selenium: 10.04µg (14.35%), Vitamin B1: 0.17mg

(11%), Folate: 40.1µg (10.02%), Vitamin B2: 0.16mg (9.12%), Manganese: 0.17mg (8.64%), Iron: 1.18mg (6.56%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 60.27mg (6.03%), Calcium: 51.4mg (5.14%), Fiber: 1.27g (5.07%), Vitamin A: 202.21IU (4.04%), Vitamin C: 2.68mg (3.24%), Zinc: 0.39mg (2.61%), Magnesium: 10.3mg (2.57%), Vitamin E: 0.38mg (2.55%), Copper: 0.05mg (2.49%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (2.07%), Potassium: 64.45mg (1.84%), Vitamin B12: 0.08µg (1.25%), Vitamin K: 1.14µg (1.08%)