



Cranberry-Orange Pound Cake

 Dairy Free

READY IN



155 min.

SERVINGS



16

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 1 cup water
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoons orange zest grated
- ☐ 4 eggs
- ☐ 1.5 cups cranberries fresh frozen thaw chopped (do not cranberries)
- ☐ 1 serving powdered sugar

- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup butter

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 325°F. Grease and flour 12-cup fluted tube cake pan, or spray with baking spray with flour.
- ☐ In large bowl, beat cake mix, pudding mix, water, softened butter, orange peel and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly, then on medium speed 2 minutes, scraping bowl occasionally. Fold in cranberries.
- ☐ Spread in pan.
- ☐ Bake 57 to 65 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan. Cool completely, about 1 hour.
- ☐ Sprinkle with powdered sugar.
- ☐ In 1-quart saucepan, cook sauce ingredients over medium heat about 4 minutes, stirring constantly, until thickened and bubbly.
- ☐ Serve warm or cool sauce with cake. Store cake loosely covered at room temperature and sauce covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:9.75, Inflammation Score:-4, Nutrition Score:4.8239130611005%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 319.09kcal (15.95%), Fat: 13.46g (20.71%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 46.91g (17.06%), Sugar: 32.81g (36.45%), Cholesterol: 40.92mg (13.64%), Sodium: 423.9mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Phosphorus: 128.21mg (12.82%), Vitamin A: 588.54IU (11.77%), Vitamin B2: 0.14mg (8.24%), Calcium: 81.34mg (8.13%), Folate: 30.6µg (7.65%), Selenium: 4.66µg (6.65%), Vitamin E: 0.98mg (6.53%), Vitamin C: 5.39mg (6.53%), Vitamin B1: 0.09mg (6.16%), Iron: 0.94mg (5.2%), Manganese: 0.1mg (5.19%), Vitamin B3: 0.83mg (4.14%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.8g (3.21%), Vitamin B6: 0.05mg (2.69%), Vitamin B12: 0.14µg (2.41%), Copper: 0.05mg (2.26%), Potassium: 61.55mg (1.76%), Magnesium: 6.67mg (1.67%), Zinc: 0.25mg (1.66%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.45µg (1.38%)