



Cranberry-Orange Tea Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon orange rind grated

- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cranberries dried sweetened coarsely chopped
- ☐ 0.8 cup flour whole-wheat

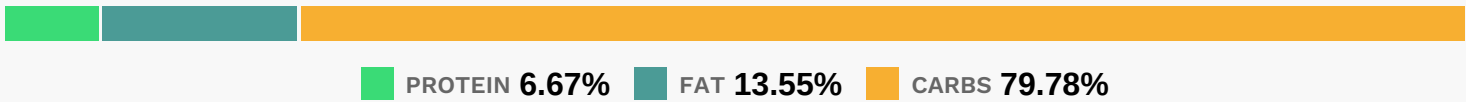
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and the next 4 ingredients (flours through salt) in a large bowl, and make a well in center of mixture.
- ☐ Combine milk, butter, rind, and egg; add to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.
- ☐ Combine the powdered sugar and orange juice; drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:14.68, Inflammation Score:-2, Nutrition Score:4.8847825604936%

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 Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 182.15kcal (9.11%), Fat: 2.84g (4.36%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 36.07g (13.12%), Sugar: 23.18g (25.76%), Cholesterol: 21.25mg (7.08%), Sodium: 129.07mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Manganese: 0.4mg (19.83%), Selenium: 9.93µg (14.19%), Vitamin B1: 0.13mg (8.82%), Phosphorus: 73.87mg (7.39%), Vitamin B2: 0.11mg (6.49%), Folate: 25.26µg (6.32%), Fiber: 1.5g (5.99%), Calcium: 56.74mg (5.67%), Vitamin B3: 1.05mg (5.27%), Iron: 0.92mg (5.14%), Magnesium: 15.55mg (3.89%), Copper: 0.06mg (2.78%), Vitamin B6: 0.06mg (2.76%), Zinc: 0.4mg (2.65%), Vitamin A: 115.33IU (2.31%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.18%), Potassium: 75.79mg (2.17%), Vitamin E: 0.3mg (2.02%), Vitamin C: 1.4mg (1.7%), Vitamin D: 0.25µg (1.64%)