



Easy Cranberry & Apple Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 12 ounces cranberries fresh picked over rinsed for stems
- ☐ 2 extra large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 medium apples i use 2 granny smith apples cored peeled
- ☐ 1 cup granulated sugar
- ☐ 1.1 teaspoons ground cinnamon divided
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 tablespoon orange zest grated (2 oranges)
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 pound butter unsalted cooled melted (1 stick)
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 325 degrees.
- ☐ Combine the cranberries, apple, brown sugar, orange zest, orange juice, and 1 teaspoon of the cinnamon in a medium bowl. Set aside.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs on medium-high speed for 2 minutes. With the mixer on medium, add 1 cup of the granulated sugar, the butter, vanilla, and sour cream and beat just until combined. On low speed, slowly add the flour and salt.
- ☐ Pour the fruit mixture evenly into a 10-inch glass pie plate.
- ☐ Pour the batter over the fruit, covering it completely.
- ☐ Combine the remaining 1 tablespoon of granulated sugar and 1/8 teaspoon of cinnamon and sprinkle it over the batter.
- ☐ Bake for 55 to 60 minutes, until a tooth-pick inserted in the middle of the cake comes out clean and the fruit is bubbling around the edges.
- ☐ Serve warm or at room temperature.
- ☐ Reprinted with permission from Barefoot Contessa How Easy Is That? Fabulous Recipes and Easy Tips by Ina Garten, © 2010 Clarkson Potter, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:38.57, Inflammation Score:-6, Nutrition Score:9.3278262096903%

Flavonoids

Cyanidin: 26.8mg, Cyanidin: 26.8mg, Cyanidin: 26.8mg, Cyanidin: 26.8mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg 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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 505.33kcal (25.27%), Fat: 19.43g (29.89%), Saturated Fat: 11.31g (70.69%), Carbohydrates: 80.37g (26.79%), Net Carbohydrates: 76.72g (27.9%), Sugar: 58.05g (64.5%), Cholesterol: 115.73mg (38.58%), Sodium: 136mg (5.91%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 5.36g (10.73%), Manganese: 0.45mg (22.28%), Selenium: 13.85µg (19.78%), Vitamin C: 15.96mg (19.35%), Fiber: 3.66g (14.63%), Vitamin B2: 0.24mg (14.18%), Vitamin A: 709.18IU (14.18%), Folate: 53.12µg (13.28%), Vitamin B1: 0.2mg (13.1%), Vitamin E: 1.5mg (10.01%), Iron: 1.68mg (9.33%), Phosphorus: 83.83mg (8.38%), Vitamin B3: 1.42mg (7.12%), Vitamin B5: 0.67mg (6.66%), Calcium: 56.34mg (5.63%), Potassium: 192.84mg (5.51%), Copper: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.22%), Vitamin K: 5.21µg (4.97%), Vitamin D: 0.66µg (4.38%), Magnesium: 16.39mg (4.1%), Vitamin B12: 0.22µg (3.64%), Zinc: 0.52mg (3.49%)