



Espresso Pound Cake with Cranberries and Pecans

 Vegetarian

READY IN



310 min.

SERVINGS



8

CALORIES



663 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 cup cranberries dried unsweetened sweetened divided
- ☐ 2 tablespoons cornstarch
- ☐ 4 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cardamom
- ☐ 1 tablespoon espresso powder instant

- ☐ 2 tablespoons milk
- ☐ 1 cup hazelnuts divided toasted chopped
- ☐ 1.5 cups powdered sugar
- ☐ 0.8 cup sugar
- ☐ 1 cup unbleached all purpose flour
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract

Equipment

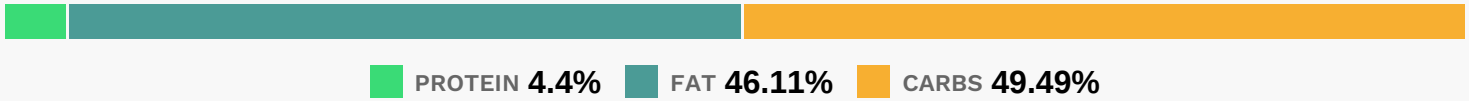
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325°F. Butter 9 x 5 x 3-inch metal loaf pan. Dust pan with flour, tapping out excess.
- ☐ Whisk flour, cornstarch, cinnamon, baking powder, and 1/4 teaspoon salt in medium bowl.
- ☐ Whisk eggs and vanilla in small bowl to blend. Using electric mixer, beat butter, sugar, brown sugar, and 1 tablespoon espresso powder in large bowl until fluffy, 2 to 3 minutes. With mixer running, gradually add egg mixture.
- ☐ Add flour mixture in 2 additions, beating on low speed just to blend after each addition. Beat batter 30 seconds on medium speed.
- ☐ Add 3/4 cup pecans and 3/4 cup cranberries; beat just to incorporate evenly.
- ☐ Transfer batter to pan.

- ☐
- Bake cake until top is golden and toothpick inserted into center comes out clean, about 1 hour 10 minutes. Cool in pan on rack 5 minutes. Invert cake; remove pan. Turn cake top side up; cool on rack.
- ☐
- Mix powdered sugar, milk, and 2 teaspoons espresso powder in medium bowl.
- ☐
- Spread glaze over top of cake, allowing some to drip down sides.
- ☐
- Sprinkle 1/4 cup nuts and 1/4 cup cranberries over.
- ☐
- Let stand until glaze sets, about 20 minutes. DO AHEAD: Can be made 5 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:13.41, Inflammation Score:-6, Nutrition Score:12.420869495558%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 663.4kcal (33.17%), Fat: 35.03g (53.9%), Saturated Fat: 16.14g (100.86%), Carbohydrates: 84.6g (28.2%), Net Carbohydrates: 81.83g (29.76%), Sugar: 66.1g (73.45%), Cholesterol: 154.46mg (51.49%), Sodium: 85.86mg (3.73%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.63mg (6.54%), Protein: 7.53g (15.06%), Manganese: 1.17mg (58.73%), Vitamin E: 3.53mg (23.51%), Selenium: 14.33µg (20.47%), Vitamin A: 853.48IU (17.07%), Copper: 0.33mg (16.26%), Vitamin B1: 0.24mg (15.68%), Folate: 58.28µg (14.57%), Vitamin B2: 0.24mg (13.92%), Phosphorus: 133.08mg (13.31%), Iron: 2.17mg (12.04%), Fiber: 2.77g (11.07%), Magnesium: 36.59mg (9.15%), Calcium: 82.02mg (8.2%), Vitamin B3: 1.51mg (7.53%), Vitamin B6: 0.15mg (7.46%), Vitamin B5: 0.69mg (6.86%), Vitamin D: 0.97µg (6.45%), Potassium: 217.99mg (6.23%), Zinc: 0.89mg (5.91%), Vitamin K: 5.41µg (5.16%), Vitamin B12: 0.29µg (4.85%), Vitamin C: 1.03mg (1.25%)