



Fresh Cranberry Cake

 Vegetarian

READY IN



120 min.

SERVINGS



15

CALORIES



221 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 0.5 cup butter
- 3 cups cranberries fresh
- 2 eggs beaten
- 2 cups flour all-purpose
- 0.5 cup heavy whipping cream
- 1 cup milk
- 1 teaspoon salt

- 1 teaspoon vanilla extract
- 1 cup sugar white

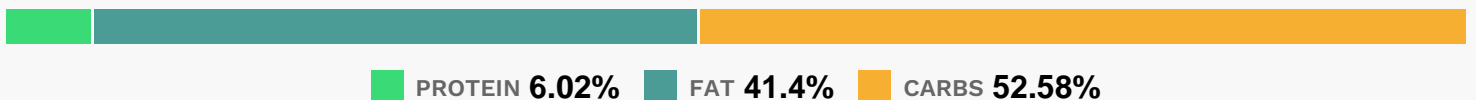
Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Combine flour, baking soda, and salt in a bowl. Beat 1 cup sugar and 3 tablespoons melted butter with a whisk until well mixed.
- Add eggs and beat until smooth. Stir flour mixture and milk into egg mixture until batter is well blended. Fold cranberries into batter until just mixed and pour into prepared baking dish.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes.
- For sauce, heat 1 cup sugar, 1/2 cup butter, heavy cream, and vanilla extract in a saucepan over medium-low heat; cook and stir cream sauce until sugar is dissolved, about 10 minutes.
- Pour hot sauce over hot cake. Allow cake to cool in the baking dish for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:19.56, Inflammation Score:-4, Nutrition Score:4.7173912525177%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 221.34kcal (11.07%), Fat: 10.31g (15.86%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 28.29g (10.29%), Sugar: 15.28g (16.98%), Cholesterol: 49.01mg (16.34%), Sodium: 440.11mg (19.14%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.38g (6.75%), Selenium: 8.18µg (11.68%), Vitamin B1: 0.15mg (9.78%), Manganese: 0.19mg (9.48%), Vitamin B2: 0.16mg (9.17%), Folate: 34µg (8.5%), Vitamin A: 375.74IU (7.51%), Phosphorus: 54.68mg (5.47%), Iron: 0.94mg (5.22%), Vitamin B3: 1.04mg (5.18%), Fiber: 1.17g (4.68%), Vitamin E: 0.59mg (3.95%), Calcium: 34.7mg (3.47%), Vitamin C: 2.85mg (3.45%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.42µg (2.82%), Vitamin B12: 0.17µg (2.76%), Potassium: 76.38mg (2.18%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (2.09%), Magnesium: 8.27mg (2.07%), Zinc: 0.3mg (2.03%), Vitamin K: 1.9µg (1.81%)