

# Grandma's Cranberry Orange Cake

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk
- 2 tablespoons rum / brandy / coffee liqueur
- 1 cup cranberries fresh
- 1 cup dates chopped
- 2 eggs
- 2.3 cups flour all-purpose

- 1 cup orange juice
- 2 tablespoons orange zest grated
- 0.3 teaspoon salt
- 0.8 cup vegetable oil
- 0.8 cup granulated sugar white

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- skewers
- baster

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan. Sift together the flour, baking soda, baking powder and salt; set aside.
- In a large bowl, mix together 1 cup of white sugar, 1/3 cup of orange juice, eggs, buttermilk, cranberry liqueur, and vegetable oil using an electric mixer.
- Add the dry ingredients and mix just until moistened. Fold in the chopped dates, cranberries and orange zest.
- Pour the batter into the prepared pan and spread evenly.
- Bake for 1 hour in the preheated oven, or until a knife inserted into the crown of the cake comes out clean.
- Let the cake cool in the pan set over a wire rack for 15 to 20 minutes.
- Remove the cake from the pan and place on a serving plate. In a small saucepan, stir together 1 cup of orange juice and 3/4 cup of white sugar. Bring to a boil, stirring until the sugar has

dissolved. Use a turkey baster or large spoon to drizzle the sauce over the cake. Poke the cake with a fork or skewer to help it absorb all of the sauce, or until the cake is thoroughly moistened.

## Nutrition Facts

PROTEIN 7.51% FAT 16.81% CARBS 75.68%

### Properties

Glycemic Index:41.71, Glycemic Load:33.28, Inflammation Score:-4, Nutrition Score:8.5086956438811%

### Flavonoids

Cyanidin: 4.89mg, Cyanidin: 4.89mg, Cyanidin: 4.89mg, Cyanidin: 4.89mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg 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: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg 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: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

### Nutrients (% of daily need)

Calories: 285.38kcal (14.27%), Fat: 5.36g (8.24%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 51.78g (18.83%), Sugar: 29.48g (32.76%), Cholesterol: 35.38mg (11.79%), Sodium: 249.4mg (10.84%), Alcohol: 0.65g (100%), Alcohol %: 0.56% (100%), Protein: 5.39g (10.77%), Selenium: 13.7µg (19.58%), Vitamin C: 15.49mg (18.78%), Vitamin B1: 0.27mg (17.88%), Folate: 67.5µg (16.87%), Vitamin B2: 0.24mg (14.32%), Manganese: 0.27mg (13.7%), Vitamin B3: 2mg (9.98%), Fiber: 2.47g (9.89%), Iron: 1.75mg (9.73%), Phosphorus: 91.64mg (9.16%), Calcium: 71.63mg (7.16%), Vitamin K: 7.12µg (6.78%), Potassium: 231.61mg (6.62%), Vitamin B5: 0.52mg (5.18%), Copper: 0.1mg (5.09%), Magnesium: 19.67mg (4.92%), Vitamin B6: 0.08mg (3.9%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.49µg (3.25%), Vitamin B12: 0.19µg (3.15%), Zinc: 0.47mg (3.14%), Vitamin A: 149.23IU (2.98%)