



Maple-Glazed Pumpkin-Cranberry Coffee Cake

READY IN



10 min.

SERVINGS



12

CALORIES



578 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 15 ounce pumpkin pie filling/mix canned (not pumpkin pie filling)
- ☐ 2 cups cranberries fresh
- ☐ 3 large eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1.5 teaspoons ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground ginger
- ☐ 2 cups brown sugar light packed
- ☐ 0.5 cup maple syrup
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnut halves

Equipment

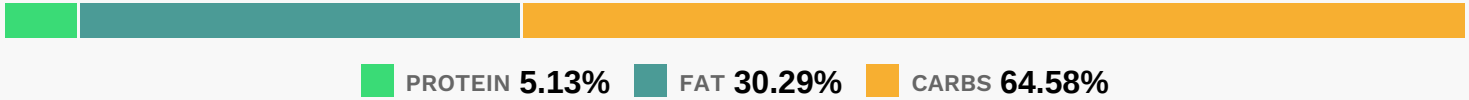
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Place walnuts in a single layer on a baking sheet, and bake 6 to 8 minutes or until lightly toasted.
- ☐ Transfer to a plate to cool; chop.
- ☐ Place cranberries in food processor and process until coarsely chopped. Set aside.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add brown sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.

- ☐
- Combine flour and next 6 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture, beating at low speed until blended after each addition. Stir in vanilla extract, pumpkin and reserved walnuts and cranberries. Spoon batter into a greased 12-cup Bundt pan, smoothing top.
- ☐
- Bake 50 to 55 minutes or until a wooden toothpick inserted in center comes out clean. Cool cake in pan on a wire rack 10 minutes; remove from pan, and cool completely on rack.
- ☐
- Stir together powdered sugar and 1/4 cup maple syrup in a small bowl until smooth. Stir in remaining maple syrup, 1 teaspoon at a time, until glaze is pourable but not too thin.
- ☐
- Drizzle glaze over cooled cake.

Nutrition Facts



Properties

Glycemic Index:30.79, Glycemic Load:23.19, Inflammation Score:-9, Nutrition Score:16.591739250266%

Flavonoids

Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 577.54kcal (28.88%), Fat: 19.82g (30.49%), Saturated Fat: 8.56g (53.51%), Carbohydrates: 95.07g (31.69%), Net Carbohydrates: 89.74g (32.63%), Sugar: 55.14g (61.26%), Cholesterol: 78.1mg (26.03%), Sodium: 477.74mg (20.77%), Alcohol: 0.37g (100%), Alcohol %: 0.24% (100%), Protein: 7.55g (15.1%), Vitamin A: 3393.21IU (67.86%), Manganese: 1.24mg (61.97%), Vitamin B2: 0.48mg (28.25%), Selenium: 17.37µg (24.81%), Folate: 91.38µg (22.85%), Vitamin B1: 0.33mg (21.77%), Fiber: 5.33g (21.33%), Iron: 2.97mg (16.52%), Calcium: 159.52mg (15.95%), Phosphorus: 149.04mg (14.9%), Copper: 0.27mg (13.55%), Vitamin B3: 2.37mg (11.86%), Magnesium: 39.85mg (9.96%), Vitamin B5: 0.95mg (9.52%), Vitamin B6: 0.18mg (8.81%), Potassium: 263.58mg (7.53%), Zinc: 0.98mg (6.56%), Vitamin E: 0.78mg (5.21%), Vitamin C: 3.81mg (4.62%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.38µg

(2.53%), Vitamin K: 2.34µg (2.23%)