

Orange Cranberry Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 0.5 cup cranberries dried coarsely chopped
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 3 tablespoons grand marnier
- ☐ 2 cups granulated sugar

- ☐ 0.5 cup olive oil
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

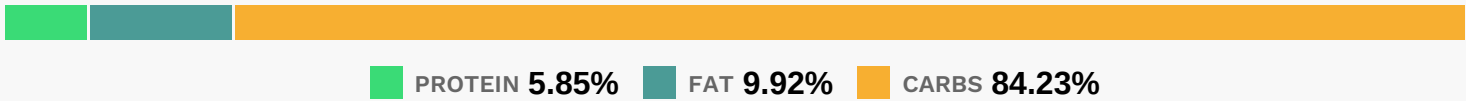
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ skewers
- ☐ kugelhopf pan

Directions

- ☐ Heat oven to 350°. Coat a 10" Bundt pan with cooking spray and dust with 1 tablespoons flour. In a bowl, combine remaining 3 cups flour, granulated sugar, baking powder, baking soda and salt. In another bowl, whisk eggs, buttermilk, oil, orange juice, zest, vanilla and cranberries; stir into flour mixture and pour into pan.
- ☐ Bake until toothpick inserted into cake comes out clean, about 40 minutes.
- ☐ Let rest 15 minutes; transfer cake to wire rack and cool completely. In a bowl, mix confectioner's sugar and orange liqueur until smooth. With a skewer, poke several holes in top of cake and drizzle with glaze.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:39.75, Inflammation Score:-2, Nutrition Score:5.4330434695534%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 3.18g (4.89%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 59.87g (21.77%), Sugar: 42.2g (46.89%), Cholesterol: 42.16mg (14.05%), Sodium: 215.17mg (9.36%), Alcohol: 0.82g (100%), Alcohol %: 1% (100%), Protein: 4.22g (8.44%), Selenium: 12µg (17.15%), Vitamin B1: 0.2mg (13.28%), Folate: 50.25µg (12.56%), Vitamin B2: 0.2mg (11.53%), Manganese: 0.18mg (8.85%), Iron: 1.42mg (7.9%), Phosphorus: 74.51mg (7.45%), Vitamin B3: 1.45mg (7.25%), Calcium: 68.48mg (6.85%), Vitamin C: 2.93mg (3.55%), Fiber: 0.87g (3.49%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.41mg (2.76%), Copper: 0.05mg (2.67%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.37µg (2.44%), Zinc: 0.36mg (2.41%), Magnesium: 8.69mg (2.17%), Potassium: 70.31mg (2.01%), Vitamin B6: 0.04mg (1.85%), Vitamin A: 89.35IU (1.79%), Vitamin K: 1.24µg (1.18%)