



Pineapple-Cranberry Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 tablespoons butter at room temperature
- 1 cup cranberries fresh frozen thawed
- 1 large eggs
- 1.3 cups flour all-purpose
- 1 teaspoon ground coriander
- 0.3 teaspoon ground nutmeg
- 1.5 teaspoons lemon zest grated

- 0.5 cup milk
- 8 ounces pineapple fresh cored peeled
- 0.3 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- hand mixer
- toothpicks
- cake form

Directions

- Lightly butter a 9-inch round cake pan.
- Cut 2 tablespoons butter into about 1/4-inch chunks and drop evenly over pan bottom.
- Sprinkle evenly with 1/2 cup sugar.
- Cut pineapple crosswise into four 1/4-inch-thick rings. Pat dry with paper towels. Sort cranberries, discarding decayed fruit; rinse and drain remaining cranberries.
- Lay pineapple rings in a single layer over sugar.
- Sprinkle cranberries in spaces around rings.
- In a small bowl, whisk together flour, baking powder, coriander, nutmeg, and salt.
- In a large bowl, with an electric mixer on medium-high speed, beat remaining 6 tablespoons butter, 1/2 cup sugar, and the lemon peel until blended.
- Add egg and vanilla; beat until well blended.

- Add flour mixture and milk alternately, beating on low speed until incorporated, then beat on medium speed until batter is well blended.
- Pour batter over fruit.
- Bake in a 350 oven until a toothpick inserted in center of thickest part (not touching fruit) comes out clean, 40 to 45 minutes.
- Let cool on a rack about 15 minutes.
- Cut around pan sides. Set a platter over pan and, holding both together, invert. Carefully lift off pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:62.34, Glycemic Load:31.13, Inflammation Score:-3, Nutrition Score:6.6517392085946%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 233.54kcal (11.68%), Fat: 4.31g (6.63%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 44.74g (16.27%), Sugar: 29.18g (32.43%), Cholesterol: 32.6mg (10.87%), Sodium: 190.69mg (8.29%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.59g (7.17%), Manganese: 0.45mg (22.62%), Vitamin C: 15.84mg (19.2%), Selenium: 9.13µg (13.04%), Vitamin B1: 0.19mg (12.64%), Folate: 44.11µg (11.03%), Vitamin B2: 0.17mg (9.71%), Calcium: 77.52mg (7.75%), Phosphorus: 71.02mg (7.1%), Iron: 1.27mg (7.05%), Vitamin B3: 1.34mg (6.7%), Fiber: 1.53g (6.13%), Copper: 0.08mg (3.83%), Vitamin B6: 0.07mg (3.42%), Vitamin B5: 0.34mg (3.41%), Vitamin A: 170.11IU (3.4%), Magnesium: 12.36mg (3.09%), Potassium: 99.53mg (2.84%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.35mg (2.3%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.29µg (1.95%), Vitamin K: 1.19µg (1.13%)