



Pumpkin Cranberry Cake



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 2 cups agave syrup dark
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tsp baking soda
- ☐ 1 tbsp cardamom
- ☐ 2 cups cranberries fresh coarsely chopped
- ☐ 4 eggs
- ☐ 1 cup ground almonds
- ☐ 2 tbsps orange zest grated

- ☐ 3 cups pumpkin unflavored canned
- ☐ 0.5 tsp salt
- ☐ 3.5 cups rice flour

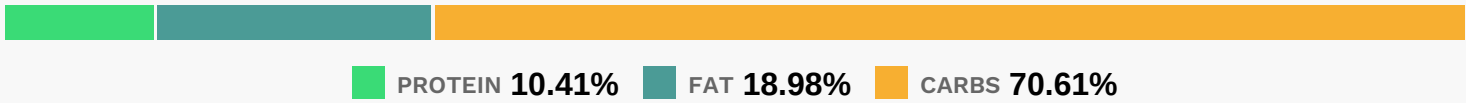
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees.
- ☐ Mix the first set of ingredients in a bowl.
- ☐ Mix the second set of ingredients in a second bowl.
- ☐ Combine both mixtures with a spoon.
- ☐ Pour into a greased tube pan, or 2 loaf pans, or 20 muffin molds.
- ☐ Bake one hour (start with 45 mn for muffins), or a little longer, until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:5.91, Inflammation Score:-10, Nutrition Score:14.115217322889%

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 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: 430.25kcal (21.51%), Fat: 9.09g (13.98%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 76.09g (25.36%), Net Carbohydrates: 66.07g (24.03%), Sugar: 33.66g (37.4%), Cholesterol: 65.47mg (21.82%), Sodium: 449.11mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Vitamin A: 11550.88IU (231.02%), Fiber: 10.02g (40.06%), Iron: 4mg (22.21%), Vitamin K: 22.71µg (21.63%), Vitamin C: 15.12mg (18.33%), Manganese: 0.35mg (17.57%), Vitamin B2: 0.2mg (11.7%), Vitamin E: 1.66mg (11.08%), Vitamin B6: 0.19mg (9.44%), Selenium: 6.48µg (9.26%), Calcium: 85.78mg (8.58%), Folate: 30.85µg (7.71%), Phosphorus: 74.58mg (7.46%), Vitamin B5: 0.63mg (6.29%), Potassium: 202.61mg (5.79%), Magnesium: 22.38mg (5.59%), Vitamin B1: 0.08mg (5.56%), Copper: 0.11mg (5.5%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.42mg (2.81%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%)