



# Really Cranberry Orange Yummy Gummy Pudding Cake

 Vegetarian

READY IN



85 min.

SERVINGS



18

CALORIES



458 kcal

DESSERT

## Ingredients

- 4 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 1.5 cups butter softened
- 24 ounce cranberries rinsed
- 5 cups flour all-purpose
- 1 tablespoon orange extract
- 0.8 cup orange juice concentrate

- 3 tablespoons orange peel dried grated
- 0.8 cup pecans finely chopped
- 2 teaspoons salt
- 1.5 cups water
- 3 cups sugar white

## Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- aluminum foil
- pastry cutter

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 10x14-inch baking pan.
- Whisk together the flour, sugar, baking powder, baking soda, salt, and dried orange peel in a bowl. In a separate bowl, whisk together the orange juice concentrate, water, and orange extract. Using a pastry cutter, cut the butter into the flour mixture until well combined, and stir the orange juice mixture in, stirring just enough to thoroughly mix. Gently stir in the cranberries and pecans. Smooth the batter into the prepared baking dish.
- Bake in the preheated oven until the top is browned, about 50 minutes. Reduce heat to 325 degrees F (165 degrees C), cover the dish with foil, and bake until a knife inserted into the center of the cake comes out clean, 20 to 30 more minutes.

## Nutrition Facts



PROTEIN 3.96%  FAT 36.73%  CARBS 59.31%

## Properties

Glycemic Index:19.01, Glycemic Load:44.12, Inflammation Score:-6, Nutrition Score:10.053043440632%

## Flavonoids

Cyanidin: 18.04mg, Cyanidin: 18.04mg, Cyanidin: 18.04mg, Cyanidin: 18.04mg Delphinidin: 3.23mg, Delphinidin: 3.23mg, Delphinidin: 3.23mg, Delphinidin: 3.23mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 458.08kcal (22.9%), Fat: 19.14g (29.44%), Saturated Fat: 10.07g (62.92%), Carbohydrates: 69.54g (23.18%), Net Carbohydrates: 66.58g (24.21%), Sugar: 38.68g (42.98%), Cholesterol: 40.67mg (13.56%), Sodium: 569.07mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Manganese: 0.58mg (29.25%), Vitamin C: 23.86mg (28.92%), Vitamin B1: 0.34mg (22.78%), Folate: 74.9µg (18.72%), Selenium: 12.43µg (17.76%), Vitamin B2: 0.22mg (12.9%), Fiber: 2.96g (11.84%), Vitamin B3: 2.29mg (11.44%), Iron: 1.98mg (11%), Vitamin A: 547IU (10.94%), Phosphorus: 85.68mg (8.57%), Calcium: 75.37mg (7.54%), Vitamin E: 1.1mg (7.3%), Copper: 0.14mg (6.97%), Magnesium: 20.59mg (5.15%), Potassium: 168mg (4.8%), Vitamin B6: 0.08mg (3.97%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.53mg (3.52%), Vitamin K: 3.52µg (3.36%)