



Spiced Cranberry Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons five-spice powder chinese
- ☐ 2 cups all purpose flour
- ☐ 2.5 ounces almond flour
- ☐ 1 cup almonds toasted chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup cranberries fresh thaw halved (do not)
- ☐ 3 large eggs

- ☐ 1 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup yogurt plain 2% greek-style reduced-fat ()
- ☐ 4 teaspoons orange juice ()
- ☐ 0.7 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1.5 teaspoons vanilla extract

Equipment

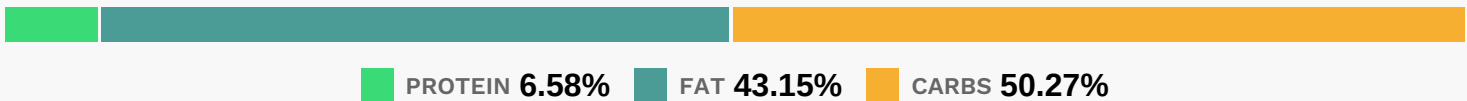
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350°F. Butter and flour 12-cup Bundt pan.
- ☐ Whisk first 8 ingredients in medium bowl to blend. Using electric mixer, beat butter in large bowl until smooth.
- ☐ Add both sugars and beat until fluffy, about 3 minutes.
- ☐ Add eggs, 1 at a time, beating 1 minute after each addition. Beat in vanilla extract, then Greek-style yogurt.
- ☐ Add dry ingredients; beat just until blended. Fold in almonds and all cranberries.
- ☐ Transfer batter to prepared Bundt pan.

- ☐ Bake cake until tester inserted near center comes out clean, about 1 hour 10 minutes. Cool cake in pan 10 minutes. Turn cake out onto rack and cool completely.
- ☐ Stir powdered sugar and 2 teaspoons orange juice in small bowl until sugar dissolves.
- ☐ Mix in more juice by 1/2 teaspoonfuls to reach consistency of heavy cream. Spoon icing over cake, allowing it to drip down sides.
- ☐ Let stand until icing sets, at least 30 minutes. DO AHEAD: Can be made 3 days ahead. Cover with cake dome and store at room temperature.
- ☐ * Sometimes labeled "ground almonds"; available at specialty foods stores and natural foods stores.
- ☐ ** A spice blend that usually contains ground fennel seeds, Szechuan peppercorns, cinnamon, star anise, and cloves; available in the spice section of most supermarkets and online at penzeys.com.
- ☐ Greek-style yogurt is especially thick and rich, even the reduced-fat variety.

Nutrition Facts



Properties

Glycemic Index: 25.29, Glycemic Load: 20.39, Inflammation Score: -5, Nutrition Score: 9.4234782146371%

Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.51mg, Peonidin: 3.51mg, Peonidin: 3.51mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 454.02kcal (22.7%), Fat: 22.44g (34.53%), Saturated Fat: 9.44g (59.02%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 55.88g (20.32%), Sugar: 40.71g (45.24%), Cholesterol: 75.77mg (25.26%), Sodium: 187.35mg (8.15%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Protein: 7.7g (15.4%), Manganese: 0.46mg (23.09%), Vitamin E: 3.31mg (22.05%), Vitamin B2: 0.31mg (18.01%), Selenium: 10.92µg (15.61%), Phosphorus: 130.42mg (13.04%), Vitamin B1: 0.18mg (11.98%), Calcium: 119.43mg (11.94%), Fiber: 2.94g (11.76%), Iron: 2.08mg (11.55%), Folate: 45.53µg (11.38%), Magnesium: 39.87mg (9.97%), Vitamin A: 482.82IU (9.66%), Copper: 0.17mg (8.37%), Vitamin B3: 1.55mg (7.73%), Potassium: 198.99mg (5.69%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.22µg (3.68%), Vitamin B6: 0.07mg (3.37%), Vitamin D: 0.46µg (3.05%), Vitamin C: 2.3mg (2.79%), Vitamin K: 1.97µg (1.87%)