



Almond Coffee Cake



Dairy Free



Popular

READY IN



120 min.

SERVINGS



9

CALORIES



412 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almond paste
- ☐ 0.5 cup almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 9 servings poached berries fresh
- ☐ 0.8 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 9 servings powdered sugar
- ☐ 0.1 teaspoon salt

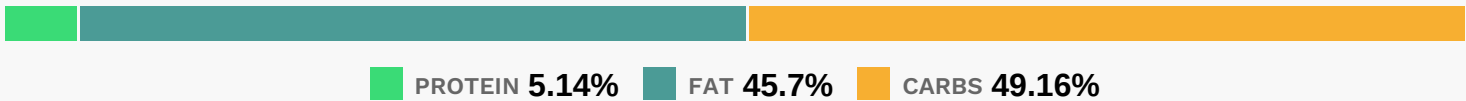
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350F. Line 8-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- ☐ In large bowl, beat butter, granulated sugar and almond paste with electric mixer on medium speed until light and fluffy. Beat in almond extract and eggs until well blended. On low speed, beat in flour, baking powder and salt just until blended.
- ☐ Spread batter in pan; sprinkle with almonds.
- ☐ Bake 45 minutes or until tooth-pick inserted in center comes out clean. Cool completely in pan on cooling rack, about 1 hour. Use foil to lift cake out of pan; cut into squares.
- ☐ Sprinkle with powdered sugar.
- ☐ Garnish with berries.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:27.12, Inflammation Score:-6, Nutrition Score:7.6321739301733%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 411.87kcal (20.59%), Fat: 21.32g (32.8%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 49.96g (18.17%), Sugar: 33.47g (37.19%), Cholesterol: 36.37mg (12.12%), Sodium: 249.76mg (10.86%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Protein: 5.4g (10.8%), Vitamin E: 3.15mg (21%), Manganese: 0.34mg (16.84%), Selenium: 10.81µg (15.44%), Vitamin B2: 0.25mg (14.94%), Vitamin A: 729.96IU (14.6%), Folate: 51.37µg (12.84%), Vitamin B1: 0.19mg (12.47%), Phosphorus: 97.48mg (9.75%), Iron: 1.5mg (8.36%), Magnesium: 31.19mg (7.8%), Vitamin B3: 1.55mg (7.76%), Copper: 0.13mg (6.53%), Fiber: 1.63g (6.53%), Calcium: 55.97mg (5.6%), Zinc: 0.56mg (3.73%), Potassium: 109.12mg (3.12%), Vitamin B5: 0.29mg (2.92%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.2µg (1.3%)