



Almond-Peach Fold-Over Coffee Cake

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



394 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup whipping cream (heavy)
- ☐ 3 oz cream cheese
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon almond extract

- ☐ 16 oz peaches unsweetened frozen thawed drained sliced
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons almonds sliced

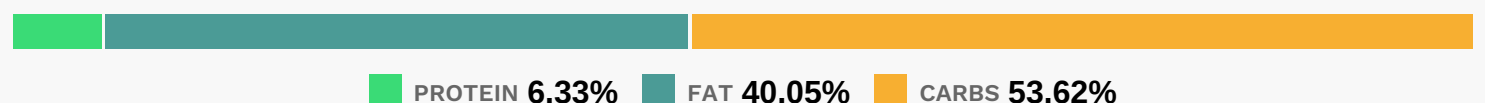
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir flour, salt, baking powder, 2 tablespoons sugar and the whipping cream just until blended. On lightly floured surface, knead dough 5 or 6 times until smooth. On ungreased large cookie sheet with rim, press dough into 10-inch round, about 1/4 inch thick.
- ☐ In medium bowl, beat cream cheese, 1/4 cup sugar and the almond extract with electric mixer on medium speed until smooth.
- ☐ Spread cream cheese mixture over dough to within 3 inches of edge.
- ☐ Press drained peaches with paper towel to remove moisture. In large bowl, toss peaches, 3 tablespoons sugar and the cornstarch. Arrange peaches on cream cheese mixture.
- ☐ Sprinkle almonds over peaches. Fold 3-inch edge of dough over filling, pleating if necessary.
- ☐ Bake 30 to 35 minutes or until dough is golden brown. Cool 10 minutes.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:33.25, Inflammation Score:-6, Nutrition Score:9.6982608567113%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 393.85kcal (19.69%), Fat: 17.85g (27.46%), Saturated Fat: 9.9g (61.85%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 51.35g (18.67%), Sugar: 26.35g (29.28%), Cholesterol: 47.93mg (15.98%), Sodium: 301.62mg (13.11%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 6.34g (12.69%), Selenium: 14.58µg (20.83%), Vitamin B1: 0.28mg (18.64%), Vitamin B2: 0.31mg (18.14%), Vitamin A: 874.18IU (17.48%), Manganese: 0.34mg (17.03%), Folate: 65.66µg (16.41%), Vitamin B3: 2.61mg (13.05%), Calcium: 128.75mg (12.88%), Phosphorus: 128.26mg (12.83%), Vitamin E: 1.82mg (12.13%), Iron: 2.04mg (11.33%), Fiber: 2.41g (9.64%), Copper: 0.15mg (7.34%), Magnesium: 25.76mg (6.44%), Potassium: 198.75mg (5.68%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.43mg (4.25%), Vitamin C: 3.28mg (3.97%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.06mg (2.79%), Vitamin B12: 0.08µg (1.31%)