



Almond Sour Cream Coffee Cake

READY IN



110 min.

SERVINGS



16

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.8 cup almonds sliced
- 0.3 cup pineapple preserves
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 3 eggs
- 2.5 cups flour all-purpose gold medal®

- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 teaspoon milk
- 0.5 cup powdered sugar
- 0.5 teaspoon salt
- 1.5 cups cream sour
- 1 teaspoon vanilla

Equipment

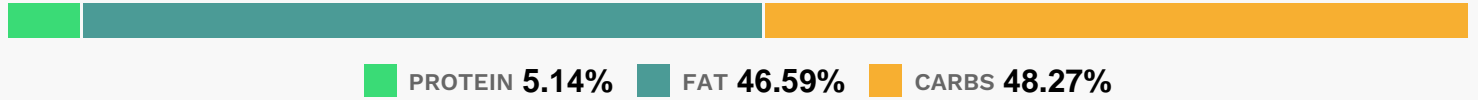
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease and flour 12-cup fluted tube cake pan. In small bowl, mix all filling ingredients until well blended.
- In medium bowl, mix flour, baking powder, baking soda and salt. In large bowl, beat butter, 1 cup granulated sugar and 1/2 cup brown sugar with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs, one at a time. Beat in sour cream, vanilla and 1 teaspoon almond extract until blended. Gradually beat in flour mixture until blended. Spoon 3 cups batter into pan. Spoon filling over batter to within 1/2 inch of edge. Spoon remaining batter over filling.
- Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan to cooling rack. Cool 20 minutes.
- In small bowl, mix all glaze ingredients until smooth and thin enough to drizzle. Stir in additional milk, 1/2 teaspoon at a time, if necessary.
- Drizzle glaze over coffee cake.

Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:21.57, Glycemic Load:21.6, Inflammation Score:-5, Nutrition Score:6.4873912684295%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg 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 Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 357.72kcal (17.89%), Fat: 18.79g (28.9%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 42.64g (15.51%), Sugar: 26.46g (29.4%), Cholesterol: 43.45mg (14.48%), Sodium: 324.18mg (14.09%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 4.67g (9.33%), Selenium: 10.42µg (14.89%), Vitamin A: 687.1IU (13.74%), Vitamin B2: 0.23mg (13.69%), Manganese: 0.26mg (12.78%), Vitamin E: 1.73mg (11.55%), Vitamin B1: 0.17mg (11.48%), Folate: 43.61µg (10.9%), Phosphorus: 84.96mg (8.5%), Iron: 1.34mg (7.46%), Calcium: 67.9mg (6.79%), Vitamin B3: 1.35mg (6.75%), Magnesium: 20.53mg (5.13%), Fiber: 1.16g (4.63%), Copper: 0.09mg (4.63%), Vitamin B5: 0.33mg (3.28%), Potassium: 111.72mg (3.19%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.04mg (2.15%), Vitamin D: 0.17µg (1.12%)