



Apple-Cinnamon Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 apples whole sliced thin
- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.3 tsp cinnamon
- ☐ 2 tsp ground ginger
- ☐ 0.5 cup brown sugar light
- ☐ 1 cup plant-based milk
- ☐ 0.3 tsp nutmeg

- ☐ 1 tbsp sugar raw
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 2 cups pastry flour whole wheat

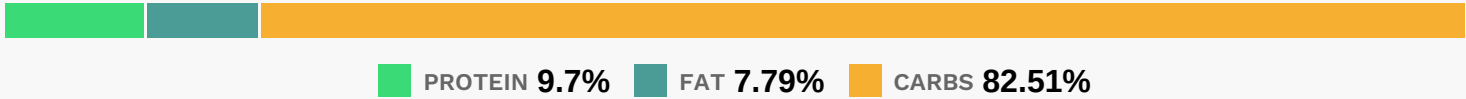
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 35
 - ☐ Grease an 8" square baking pan and set aside. Toss diced apples with 1 tsp cinnamon until well coated and set aside. In a large bowl, whisk flour, remaining cinnamon, ginger, baking soda and baking powder together.
 - ☐ Add applesauce, sugars, extract and non-dairy milk.
 - ☐ Mix until almost combined, then add diced apples. Continue to mix, adding a little extra non-dairy milk if necessary.
 - ☐ Pour batter into baking pan and use a spatula to evenly distribute batter. Arrange apple slices over top, a little overlap is okay.
 - ☐ Mix 1/2 tsp cinnamon and 1 tbsp sugar together until well combined then sprinkle over top of apples until well coated.
 - ☐ Bake 35-50 minutes or until an inserted tooth pick comes out clean.
- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ NA Carbohydrate
 - ☐ gDietary Fiber4gSugars16gProtein4g

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:8.9513043994489%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 178.36kcal (8.92%), Fat: 1.62g (2.5%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.08g (12.76%), Sugar: 18.06g (20.07%), Cholesterol: 3.25mg (1.08%), Sodium: 139.04mg (6.05%), Alcohol: 0.16g (100%), Alcohol %: 0.2% (100%), Protein: 4.54g (9.09%), Manganese: 1.25mg (62.66%), Selenium: 17.41µg (24.87%), Fiber: 3.6g (14.39%), Phosphorus: 138.06mg (13.81%), Magnesium: 43.54mg (10.88%), Vitamin B1: 0.16mg (10.43%), Calcium: 85.85mg (8.58%), Vitamin B6: 0.14mg (7.24%), Vitamin B3: 1.44mg (7.18%), Iron: 1.25mg (6.95%), Copper: 0.13mg (6.39%), Zinc: 0.84mg (5.59%), Potassium: 192.38mg (5.5%), Vitamin B2: 0.09mg (5.41%), Folate: 12.97µg (3.24%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.26mg (1.75%), Vitamin C: 1.07mg (1.3%), Vitamin A: 61.57IU (1.23%), Vitamin K: 1.13µg (1.07%)