



Apple Coffee Cake



Vegetarian



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 280 g all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 50 g granulated sugar plus 2 tbsp sugar white
- ☐ 1 teaspoon ground cinnamon
- ☐ 140 g butter unsalted room temperature
- ☐ 2 eggs beaten
- ☐ 235 ml milk whole

- ☐ 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when green cored peeled sliced into 1/ slices
- ☐ 4 Tbsp brown sugar
- ☐ 4 Tbsp flour
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 Tbsp butter cut into small cubes

Equipment

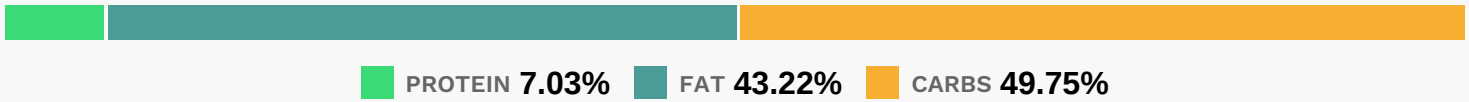
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ springform pan
- ☐ pie form

Directions

- ☐ Preheat oven, prepare pie dish: Preheat the oven to 375°F (190°C). Grease a 9-inch pie pan (can use a springform pan or square baking pan)
- ☐ Whisk flour, baking powder, salt: In a medium bowl, whisk vigorously together the flour, baking powder, and salt.
- ☐ Make cinnamon sugar: In a separate small bowl, mix 2 Tbsp of the sugar with the cinnamon, set aside.
- ☐ Beat butter and sugar, add eggs, add flour mixture and milk: Using an electric mixer, beat the butter with the remaining 1/4 cup sugar. Beat in the eggs until blended.
- ☐ Add the flour mixture in three additions, alternating with the milk, beating after each addition until just combined.
- ☐ Pour batter into baking dish, top with apple slices, cinnamon sugar:
- ☐ Pour half of the batter in the bottom of the baking dish.

- ☐ Lay the apple slices on the batter so they just cover the batter (you may have to overlap some slices).
- ☐ Sprinkle the apples with the cinnamon–sugar mixture.
- ☐ Spread the rest of the batter over the apples.
- ☐ Top with streusel topping: In a small bowl mix together the brown sugar, flour, and cinnamon for the streusel topping.
- ☐ Sprinkle over the cake and dot with butter.
- ☐ Bake:
- ☐ Bake the cake at 375°F (190°C) for 30–35 minutes or until it is golden brown and a tester inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:73.68, Glycemic Load:36.51, Inflammation Score:-6, Nutrition Score:12.19956531732%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 497.54kcal (24.88%), Fat: 24.12g (37.11%), Saturated Fat: 14.5g (90.64%), Carbohydrates: 62.47g (20.82%), Net Carbohydrates: 60.13g (21.86%), Sugar: 21.39g (23.77%), Cholesterol: 114.66mg (38.22%), Sodium: 586.58mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Selenium: 23.2µg (33.15%), Vitamin B1: 0.44mg (29.37%), Folate: 103.23µg (25.81%), Vitamin B2: 0.4mg (23.32%), Manganese: 0.45mg (22.45%), Phosphorus: 164.94mg (16.49%), Iron: 2.94mg (16.34%), Calcium: 163.12mg (16.31%), Vitamin A: 804.49IU (16.09%), Vitamin B3: 3.16mg (15.78%), Fiber: 2.35g (9.39%), Vitamin D: 1.09µg (7.25%), Vitamin B5: 0.66mg (6.61%), Vitamin B12: 0.39µg (6.54%), Vitamin E: 0.87mg (5.77%), Potassium: 187.69mg (5.36%), Magnesium: 21.34mg (5.34%), Copper: 0.1mg (5.17%), Zinc: 0.76mg (5.09%), Vitamin B6: 0.09mg (4.47%), Vitamin K: 2.92µg (2.78%), Vitamin C:

1.41mg (1.71%)