



Apple-Cream Cheese Coffee Cake

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 8 oz cream cheese
- 0.3 cup sugar
- 1 teaspoon lemon zest grated
- 2 teaspoons juice of lemon
- 3 oz cream cheese
- 0.3 cup butter firm
- 0.3 cup milk
- 2 tablespoons sugar

- 0.5 teaspoon ground cinnamon
- 21 oz peach pie filling canned
- 0.3 cup walnut pieces chopped
- 2 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- hand mixer

Directions

- Heat oven to 425°F. Lightly grease cookie sheet. In medium bowl, beat 8 ounces cream cheese, 1/3 cup sugar, the lemon peel and lemon juice with electric mixer on medium speed until smooth; reserve.
- In large bowl, place Bisquick mix.
- Cut in 3 ounces cream cheese and the butter using pastry blender (or pulling 2 table knives through ingredients in opposite directions) until crumbly. Stir in milk.
- Place dough on surface well sprinkled with Bisquick mix; roll in Bisquick mix to coat. Knead 8 to 10 times.
- Roll dough into 12x8-inch rectangle.
- Place on cookie sheet.
- Spread reserved cream cheese mixture down center of rectangle. Make cuts, 2 1/2-inches long, at 1 inch intervals on 12 inch sides of rectangle. Fold strips over filling, overlapping strips. In small bowl, mix 2 tablespoons sugar and the cinnamon; sprinkle over top.
- Bake 12 to 15 minutes or until golden brown. Cool 10 minutes. Carefully place on cooling rack; cool completely. Spoon pie filling down center of coffee cake.
- Sprinkle with walnuts. Store in refrigerator.

Nutrition Facts

PROTEIN 3.95% FAT 56.79% CARBS 39.26%

Properties

Glycemic Index:25.72, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:3.2878260962341%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 268.96kcal (13.45%), Fat: 17.56g (27.01%), Saturated Fat: 7.58g (47.36%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.43g (9.61%), Sugar: 18.94g (21.04%), Cholesterol: 32.47mg (10.82%), Sodium: 182.69mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin A: 650.31IU (13.01%), Manganese: 0.14mg (6.88%), Vitamin B2: 0.1mg (5.77%), Phosphorus: 57.34mg (5.73%), Calcium: 48.62mg (4.86%), Selenium: 3.22µg (4.6%), Copper: 0.09mg (4.31%), Fiber: 0.87g (3.47%), Vitamin E: 0.5mg (3.31%), Potassium: 97.4mg (2.78%), Vitamin B5: 0.26mg (2.57%), Magnesium: 9.91mg (2.48%), Vitamin B6: 0.05mg (2.46%), Vitamin C: 1.71mg (2.07%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.99%), Vitamin B12: 0.12µg (1.97%), Iron: 0.31mg (1.71%), Folate: 5.96µg (1.49%), Vitamin K: 1.09µg (1.04%)