



Apple Kuchen Coffee Cake

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup sugar
- 0.3 cup butter softened
- 1 eggs
- 0.5 cup vanilla yogurt
- 1 eggs
- 1.5 cups cooking oil peeled thinly sliced
- 0.3 cup sugar
- 0.3 teaspoon ground cinnamon

2 cups frangelico

Equipment

bowl

frying pan

oven

hand mixer

springform pan

Directions

Heat oven to 350°F. Grease bottom and side of springform pan, 9x2 inches, or round pan, 9x1 1/2 inches, with shortening.

In medium bowl, beat 1/2 cup sugar, the butter and egg with electric mixer on low speed about 30 seconds or until smooth. Beat in Bisquick.

Spread over bottom and 1 inch up side of pan.

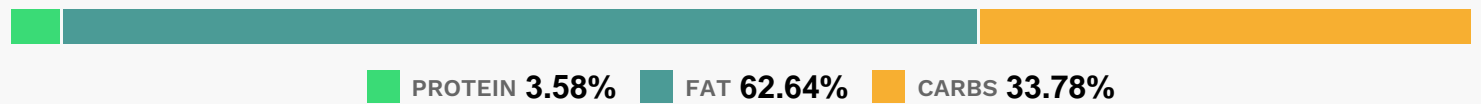
In small bowl, mix yogurt and egg until smooth. Stir in apple; spoon over batter in pan.

Mix 1/4 cup sugar and the cinnamon; sprinkle over apple mixture.

Bake 45 to 50 minutes or until center is set and crust is deep golden brown. Cool 10 minutes; remove side of pan.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.15, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:2.7886956437774%

Nutrients (% of daily need)

Calories: 243.35kcal (12.17%), Fat: 17.31g (26.63%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 21g (7%), Net Carbohydrates: 20.97g (7.63%), Sugar: 20.87g (23.19%), Cholesterol: 41.69mg (13.9%), Sodium: 115.11mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin E: 1.88mg (12.55%), Vitamin A: 404.49IU

(8.09%), Selenium: 4.24µg (6.06%), Vitamin K: 6.06µg (5.77%), Vitamin B2: 0.09mg (5.18%), Phosphorus: 44.67mg (4.47%), Calcium: 36mg (3.6%), Vitamin B12: 0.19µg (3.14%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.27mg (1.81%), Folate: 6.95µg (1.74%), Potassium: 53.33mg (1.52%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.33%), Iron: 0.22mg (1.21%), Magnesium: 4.09mg (1.02%)