



Apple Walnut Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups apples cored peeled chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon cinnamon
- ☐ 3 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoon milk
- ☐ 0.8 teaspoon nutmeg

- ☐ 1 cup oil
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnuts chopped

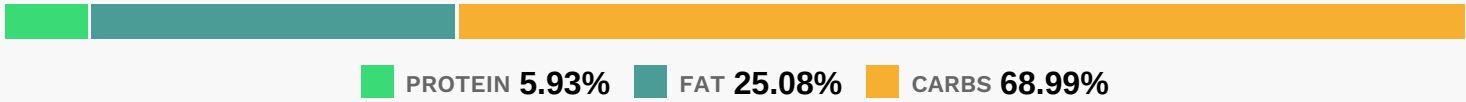
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ In a bowl, combine all ingredients except apple and nuts; mix well. Stir in apple and nuts; pour into greased and floured Bundt pan.
- ☐ Bake at 300 degrees for 45 minutes. Increase heat to 325 degrees and bake an additional 20 minutes. Cool on a wire rack for 20 minutes; turn out onto a serving plate. In a bowl, whisk together powdered sugar, milk and vanilla; drizzle over cake before serving.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:31.13, Inflammation Score:-3, Nutrition Score:6.5430434994076%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg
Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,
Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg,
Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 308.01kcal (15.4%), Fat: 8.74g (13.45%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 54.11g (18.04%), Net
Carbohydrates: 52.33g (19.03%), Sugar: 34.37g (38.19%), Cholesterol: 30.75mg (10.25%), Sodium: 240.21mg
(10.44%), Alcohol: 0.32g (100%), Alcohol %: 0.39% (100%), Protein: 4.65g (9.31%), Manganese: 0.51mg (25.56%),
Selenium: 11.06µg (15.8%), Vitamin B1: 0.22mg (14.38%), Folate: 54.5µg (13.63%), Vitamin B2: 0.18mg (10.38%), Iron:
1.54mg (8.56%), Copper: 0.17mg (8.3%), Vitamin B3: 1.5mg (7.49%), Phosphorus: 72.46mg (7.25%), Fiber: 1.78g
(7.13%), Magnesium: 19.16mg (4.79%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.07mg (3.57%), Zinc: 0.52mg
(3.47%), Calcium: 29.86mg (2.99%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 2.79µg (2.66%), Potassium: 90.71mg
(2.59%), Vitamin B12: 0.08µg (1.27%), Vitamin A: 56.78IU (1.14%), Vitamin D: 0.17µg (1.13%), Vitamin C: 0.84mg (1.01%)