



Apricot-Almond Coffee Cake

READY IN



80 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup almond paste crumbled
- 1 tablespoon almonds sliced
- 0.3 cup apricot preserves
- 3 oz cream cheese softened
- 2 teaspoons milk
- 0.5 cup powdered sugar
- 8 oz regular crescent rolls refrigerated pillsbury® canned

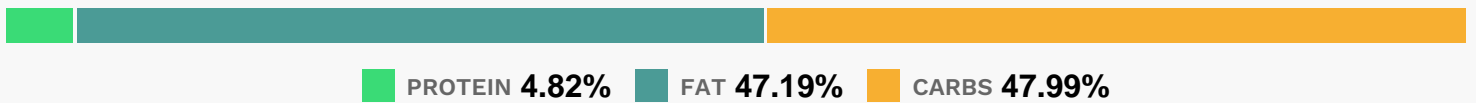
Equipment

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

Directions

- Heat oven to 375°F. Grease or spray cookie sheet. In small bowl, beat cream cheese with electric mixer on low speed until smooth and creamy. Beat in almond paste until well mixed.
- Unroll dough onto cookie sheet; press into 13x7-inch rectangle, firmly pressing perforations to seal. Spoon cream cheese mixture lengthwise down center 1/3 of rectangle; spoon preserves on top of mixture.
- On each long side of dough rectangle, make cuts 1 inch apart to edge of filling. Fold opposite strips of dough over filling, and cross in center to make a braided appearance; seal ends.
- Bake 18 to 22 minutes or until golden brown.
- Remove from cookie sheet to cooling rack. Cool completely, about 40 minutes.
- In small bowl, mix powdered sugar and milk until smooth; drizzle over coffee cake.
- Garnish with sliced almonds.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.2017391160454%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 174.95kcal (8.75%), Fat: 9.58g (14.73%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 21.34g (7.76%), Sugar: 13.4g (14.89%), Cholesterol: 7.26mg (2.42%), Sodium: 174.52mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin E: 1.56mg (10.4%), Manganese: 0.1mg (5.18%), Vitamin B2: 0.07mg (4.03%), Magnesium: 15.55mg (3.89%), Phosphorus: 37.03mg (3.7%), Copper: 0.06mg (2.99%), Calcium: 27.77mg (2.78%), Iron: 0.46mg (2.57%), Fiber: 0.58g (2.31%), Vitamin A: 110.01IU (2.2%), Folate: 7.97µg (1.99%), Selenium: 1.22µg (1.74%), Potassium: 51.57mg (1.47%), Zinc: 0.21mg (1.4%)