



Apricot Danish Coffee Cake

READY IN



50 min.

SERVINGS



19

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 15 ounce apricots drained canned
- 1 tablespoon butter
- 0.7 cup powdered sugar
- 8 ounce cream cheese
- 3 eggs
- 2 tablespoons milk
- 0.5 cup slivered almonds
- 1.5 cups cream sour
- 2 teaspoons water

18.3 ounce cake mix white

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch jellyroll pan. Set aside 1/2 cup of the dry cake mix.
- In a medium bowl, mix together eggs and sour cream. Stir in the package of cake mix. Batter will be lumpy.
- Spread batter into the prepared pan. Using the back of a spoon, make 15 wells in the batter, 3 rows of
- In another bowl, beat together the cream cheese and milk until fluffy.
- Place one tablespoon of the cream cheese mixture into each well.
- Place 1 apricot half, cut side up, onto each blob of cream cheese.
- In a small bowl, combine the 1/2 cup of reserved cake mix with the butter. stir in the butter until the mixture is crumbly. Stir in the slivered almonds, and sprinkle the mixture evenly over the Danish.
- Bake for 30 to 35 minutes in the preheated oven, or until a toothpick inserted into the cake comes out clean. To make the glaze, stir together the confectioners' sugar and water until smooth, adding another teaspoon of water if necessary.
- Drizzle over the Danish when cool.

Nutrition Facts



PROTEIN 6.8% **FAT 42.24%** **CARBS 50.96%**

Properties

Glycemic Index:8.77, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:5.8582608907119%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 238.77kcal (11.94%), Fat: 11.45g (17.61%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 29.97g (10.9%), Sugar: 18.94g (21.04%), Cholesterol: 50.39mg (16.8%), Sodium: 247.38mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Phosphorus: 152.68mg (15.27%), Vitamin A: 763.01IU (15.26%), Vitamin B2: 0.19mg (11.38%), Calcium: 106.17mg (10.62%), Vitamin E: 1.43mg (9.51%), Selenium: 6.37µg (9.11%), Manganese: 0.14mg (7.17%), Folate: 27.78µg (6.94%), Vitamin B1: 0.08mg (5.45%), Iron: 0.87mg (4.85%), Vitamin B3: 0.92mg (4.61%), Fiber: 1.1g (4.41%), Magnesium: 16.84mg (4.21%), Potassium: 146.35mg (4.18%), Copper: 0.08mg (3.98%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.48mg (3.17%), Vitamin C: 2.4mg (2.91%), Vitamin B6: 0.05mg (2.53%), Vitamin B12: 0.14µg (2.27%), Vitamin K: 2.07µg (1.98%), Vitamin D: 0.16µg (1.04%)