



WHATSheATE



Bisquick Apple Coffee Cake



Vegetarian



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



534 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups bisquick mix
- ☐ 0.7 cup milk
- ☐ 2 Tbsp sugar
- ☐ 1 eggs
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when green cored peeled sliced
- ☐ 0.3 cup bisquick mix
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 tsp ground cinnamon

☐ 4 Tbsp butter

Equipment

☐ frying pan

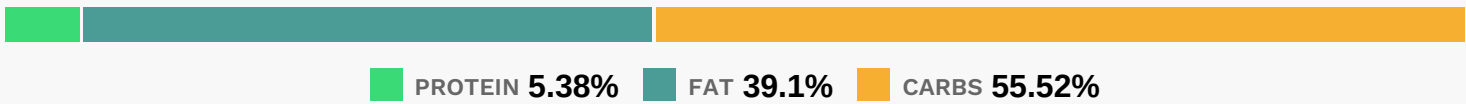
☐ oven

☐ toothpicks

Directions

- ☐ Preheat oven to 400°F.
- ☐ Grease 8" square pan or 9" round pan.
- ☐ Mix cake ingredients.
- ☐ Spread cake batter in pan. Insert apple slices into the batter evenly throughout the cake.
- ☐ Mix the topping ingredients of Bisquick, brown sugar and cinnamon.
- ☐ Spread topping mix over top of batter in pan.
- ☐ Add slices of butter all over the top.
- ☐ Bake 20 minutes or until golden brown, testing with a toothpick.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:5.86, Inflammation Score:-5, Nutrition Score:11.717391397642%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 534.37kcal (26.72%), Fat: 23.44g (36.07%), Saturated Fat: 10.43g (65.2%), Carbohydrates: 74.9g (24.97%), Net Carbohydrates: 72.17g (26.24%), Sugar: 36.71g (40.79%), Cholesterol: 72.85mg (24.28%), Sodium: 1007.78mg (43.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Phosphorus: 440.63mg (44.06%), Vitamin B1: 0.42mg (27.69%), Folate: 94.66µg (23.67%), Vitamin B2: 0.37mg (22.01%), Vitamin B3: 3.26mg (16.3%), Manganese: 0.33mg (16.29%), Calcium: 157.31mg (15.73%), Iron: 2.35mg (13.05%), Selenium: 9.04µg (12.91%), Fiber: 2.73g (10.94%), Vitamin A: 442.59IU (8.85%), Vitamin B5: 0.86mg (8.56%), Copper: 0.14mg (7.22%), Vitamin B12: 0.4µg (6.58%), Vitamin K: 6.68µg (6.36%), Potassium: 207.28mg (5.92%), Magnesium: 23.62mg (5.9%), Vitamin B6: 0.1mg (4.95%), Vitamin E: 0.63mg (4.17%), Zinc: 0.61mg (4.06%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.22µg (1.47%)