



Blackberry Coffee Cake

READY IN



190 min.

SERVINGS



16

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.3 cups blackberries frozen thawed drained well (and)
- 0.5 cup pecans finely chopped
- 3 tablespoons granulated sugar
- 1.5 teaspoons ground cinnamon
- 2.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups granulated sugar
- 1 cup butter softened

- 1 teaspoon vanilla
- 2 eggs
- 8 ounces cream sour
- 1.5 cups powdered sugar
- 3 teaspoons water

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease bottom and side of 10-inch angel food (tube) cake pan with shortening; lightly flour.
- In small bowl, mix all Blackberry Filling ingredients; set aside.
- In medium bowl, mix flour, baking powder and baking soda; set aside. In large bowl, beat granulated sugar, butter, vanilla and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Beat in flour mixture alternately with sour cream on low speed.
- Spread one-third of the batter in pan; sprinkle with half of the filling. Spoon another one-third of the batter by tablespoonfuls over filling; sprinkle with remaining filling. Spoon remaining batter over filling; spread evenly.
- Bake coffee cake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour 30 minutes.
- Meanwhile, in small bowl, stir all Powdered Sugar Glaze ingredients until smooth and thin enough to drizzle.
- Drizzle over cooled coffee cake.

Nutrition Facts

PROTEIN 3.94% FAT 44.7% CARBS 51.36%

Properties

Glycemic Index:21.7, Glycemic Load:22.38, Inflammation Score:-5, Nutrition Score:5.8478260454924%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.42mg, Catechin: 4.42mg, Catechin: 4.42mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 344.2kcal (17.21%), Fat: 17.43g (26.82%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 43.58g (15.85%), Sugar: 30.11g (33.46%), Cholesterol: 28.82mg (9.61%), Sodium: 207.65mg (9.03%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.46g (6.92%), Manganese: 0.38mg (19.17%), Vitamin A: 652.03IU (13.04%), Selenium: 8.53µg (12.18%), Vitamin B1: 0.17mg (11.28%), Folate: 39.32µg (9.83%), Vitamin B2: 0.15mg (9.07%), Iron: 1.14mg (6.32%), Phosphorus: 61.43mg (6.14%), Fiber: 1.5g (5.99%), Vitamin B3: 1.17mg (5.87%), Vitamin E: 0.75mg (4.97%), Copper: 0.09mg (4.71%), Calcium: 46.85mg (4.69%), Magnesium: 12.96mg (3.24%), Vitamin C: 2.56mg (3.11%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.28mg (2.82%), Vitamin K: 2.69µg (2.56%), Potassium: 84.08mg (2.4%), Vitamin B6: 0.04mg (1.75%), Vitamin B12: 0.09µg (1.55%)