



Blackberry-Peach Coffee Cake

READY IN



20 min.

SERVINGS



8

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blackberries fresh
- ☐ 8 servings garnishes: blackberries fresh sliced
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.7 cup milk
- ☐ 2 cups peaches fresh firm ripe peeled sliced (2 large peaches, 7 oz. each)

- ☐ 8 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 8 servings streusel topping
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

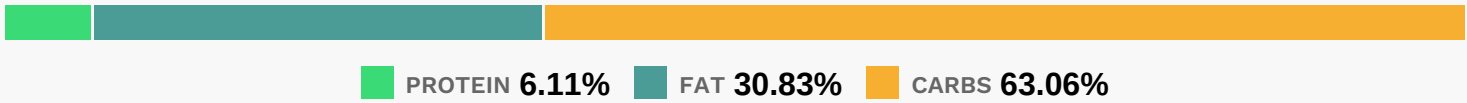
Directions

- ☐ Preheat oven to 350.
- ☐ Prepare Streusel Topping.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add granulated sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
- ☐ Pour batter into a greased and floured 9-inch springform pan; top with sliced peaches and blackberries. Pinch off 1-inch pieces of Streusel Topping, and drop over fruit.
- ☐ Bake at 350 for 1 hour and 10 minutes to 1 hour and 20 minutes or until center of cake is set. (A wooden pick inserted in center will not come out clean.) Cool completely on a wire rack (about 1 1/2 hours). Dust with powdered sugar.
- ☐ Garnish, if desired.
- ☐ Note: We found that using a shiny or light-colored pan gave us the best results. If you have a dark pan, wrap the outside of the pan with heavy-duty aluminum foil to get a similar result.

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Peach Coffee Cake: Omit blackberries. Increase peaches to 3 cups sliced (about 3 large peaches, 7 oz. each). Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:36.86, Inflammation Score:-6, Nutrition Score:9.4134782293568%

Flavonoids

Cyanidin: 19.73mg, Cyanidin: 19.73mg, Cyanidin: 19.73mg, Cyanidin: 19.73mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 8.94mg, Catechin: 8.94mg, Catechin: 8.94mg, Catechin: 8.94mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 404.17kcal (20.21%), Fat: 14.02g (21.57%), Saturated Fat: 8.16g (51%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 62.07g (22.57%), Sugar: 38.52g (42.8%), Cholesterol: 79.45mg (26.48%), Sodium: 377.82mg (16.43%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 6.25g (12.5%), Selenium: 16.07µg (22.95%), Manganese: 0.37mg (18.57%), Vitamin B1: 0.28mg (18.39%), Folate: 70.59µg (17.65%), Vitamin B2: 0.27mg (15.85%), Vitamin A: 621.18IU (12.42%), Phosphorus: 118.03mg (11.8%), Vitamin B3: 2.32mg (11.61%), Iron: 2.06mg (11.46%), Calcium: 106.93mg (10.69%), Fiber: 2.46g (9.83%), Vitamin E: 1.02mg (6.79%), Vitamin C: 5.57mg (6.75%), Copper: 0.12mg (6.12%), Vitamin K: 6.13µg (5.84%), Vitamin B5: 0.53mg (5.33%), Potassium: 167.55mg (4.79%), Magnesium: 18.85mg (4.71%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.06mg (3.18%), Vitamin D: 0.47µg (3.16%)