



Blueberry-Cherry Coffee Cake

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



16

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.3 cup vegetable oil
- 1.5 teaspoons vanilla
- 2 eggs
- 1 cup yogurt plain fat-free
- 2 cups blueberries fresh frozen organic cascadian farm®
- 0.5 cup almonds finely chopped
- 0.3 cup orange juice orange-flavored

- 0.8 cup cherries dried
- 1 cup powdered sugar
- 4 teaspoons orange juice
- 0.5 teaspoon vanilla
- 3 cups frangelico

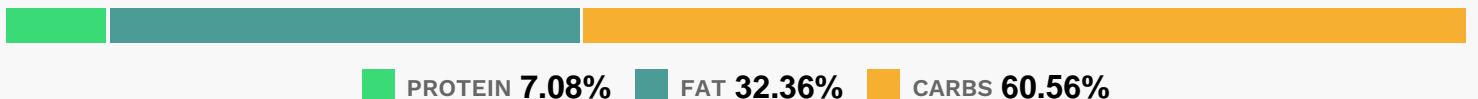
Equipment

- bowl
- frying pan
- oven
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Generously grease 12-cup fluted tube cake pan with shortening; lightly flour.
- In large bowl, stir Bisquick mix, granulated sugar, oil, vanilla, eggs and yogurt until mixed. Stir in remaining coffee cake ingredients.
- Spread in pan.
- Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes; remove from pan. Cool completely, about 1 hour.
- In small bowl, stir glaze ingredients until smooth and thin enough to drizzle.
- Drizzle over coffee cake.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:7.78, Inflammation Score:-3, Nutrition Score:4.1960869716561%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 170.28kcal (8.51%), Fat: 6.29g (9.68%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 24.93g (9.07%), Sugar: 23.4g (26%), Cholesterol: 20.77mg (6.92%), Sodium: 21.08mg (0.92%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 3.1g (6.19%), Vitamin E: 1.59mg (10.59%), Vitamin K: 9.89µg (9.42%), Manganese: 0.17mg (8.46%), Vitamin B2: 0.12mg (7.34%), Fiber: 1.55g (6.19%), Phosphorus: 59.63mg (5.96%), Vitamin C: 4.74mg (5.75%), Calcium: 52.64mg (5.26%), Vitamin A: 253.76IU (5.08%), Magnesium: 17.42mg (4.36%), Selenium: 2.55µg (3.64%), Copper: 0.07mg (3.34%), Potassium: 105.97mg (3.03%), Zinc: 0.39mg (2.62%), Iron: 0.44mg (2.45%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.24mg (2.37%), Folate: 9.19µg (2.3%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.29mg (1.43%)