



Bread Machine Easy Apple Coffee Cake

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.7 cup water
- 3 tablespoons butter softened
- 2 cups yukon gold potatoes for flour
- 3 tablespoons granulated sugar
- 1 teaspoon salt
- 1.5 teaspoons yeast dry quick
- 1 cup peach pie filling canned
- 1 serving powdered sugar

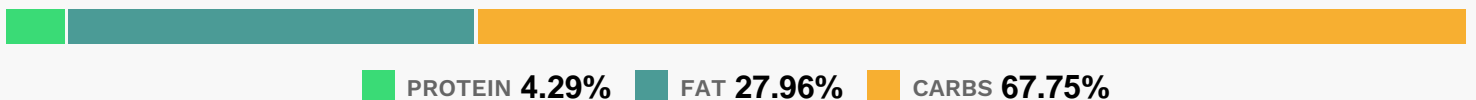
Equipment

- frying pan
- baking sheet
- oven
- knife
- wire rack
- bread machine

Directions

- Measure carefully, placing all ingredients except pie filling and powdered sugar in bread machine pan in the order recommended by the manufacturer.
- Select Dough/Manual cycle. Do not use delay cycle.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Grease large cookie sheet.
- Roll dough into 13x8-inch rectangle on lightly floured surface.
- Place on cookie sheet. Spoon pie filling lengthwise down center third of rectangle. On each 13-inch side, make cuts from filling to edge of dough at 1-inch intervals, using sharp knife. Fold ends up over filling. Fold strips diagonally over filling, alternating sides and overlapping in center. Cover and let rise in warm place 30 to 45 minutes or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 375°F.
- Bake 30 to 35 minutes or until golden brown.
- Remove from cookie sheet to wire rack; cool.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:8.56, Inflammation Score:-2, Nutrition Score:3.2069565440002%

Flavonoids

Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 108.78kcal (5.44%), Fat: 3.49g (5.38%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 17.65g (6.42%), Sugar: 8.01g (8.9%), Cholesterol: 0mg (0%), Sodium: 287.19mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin C: 9.73mg (11.8%), Vitamin B6: 0.15mg (7.54%), Potassium: 216.21mg (6.18%), Vitamin B1: 0.09mg (6.16%), Fiber: 1.4g (5.61%), Folate: 18.53µg (4.63%), Manganese: 0.08mg (4.05%), Vitamin B3: 0.7mg (3.48%), Copper: 0.07mg (3.46%), Phosphorus: 32.57mg (3.26%), Vitamin A: 156.86IU (3.14%), Magnesium: 11.9mg (2.97%), Iron: 0.45mg (2.51%), Vitamin B2: 0.04mg (2.28%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.19mg (1.24%)