



Buttermilk-Apple Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups apples i use 2 granny smith apples peeled thinly sliced

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 teaspoon buttermilk low-fat
- ☐ 0.3 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

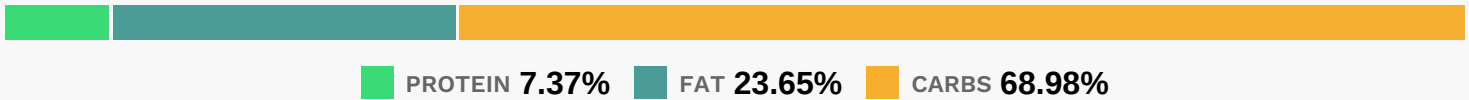
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the cake, combine the first 4 ingredients in a small saucepan over medium-high heat. Cook 5 minutes or until syrupy, stirring frequently; cool.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking soda, and salt in a small bowl, stirring well with a whisk.

- ☐ Combine granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well-blended; add egg and extracts, beating well.
- ☐ Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture; beat well after each addition.
- ☐ Spoon the batter into an 8-inch round cake pan coated with cooking spray. Arrange apple mixture over cake.
- ☐ Sprinkle with almonds.
- ☐ Bake at 350 for 25 minutes or until cake begins to pull away from sides of pan. Cool in pan on a wire rack for 10 minutes.
- ☐ To prepare glaze, combine powdered sugar, 1 teaspoon buttermilk, and 1/4 teaspoon vanilla in a small bowl; stir with a whisk.
- ☐ Drizzle glaze over cake.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:15.32, Inflammation Score:-2, Nutrition Score:4.6139129866724%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 190.83kcal (9.54%), Fat: 5.07g (7.81%), Saturated Fat: 2.22g (13.91%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 31.92g (11.61%), Sugar: 19.87g (22.08%), Cholesterol: 31.4mg (10.47%), Sodium: 161.34mg (7.01%), Alcohol: 0.3g (100%), Alcohol %: 0.44% (100%), Protein: 3.56g (7.11%), Selenium: 7.8µg (11.14%), Manganese: 0.2mg

(10.07%), Vitamin B2: 0.17mg (9.94%), Vitamin B1: 0.14mg (9.36%), Folate: 34.65µg (8.66%), Phosphorus: 59.06mg (5.91%), Vitamin E: 0.85mg (5.68%), Iron: 1.02mg (5.64%), Fiber: 1.37g (5.48%), Vitamin B3: 1.06mg (5.31%), Calcium: 38.28mg (3.83%), Magnesium: 14.6mg (3.65%), Copper: 0.07mg (3.26%), Potassium: 103.18mg (2.95%), Vitamin A: 141.72IU (2.83%), Vitamin B5: 0.25mg (2.46%), Vitamin C: 1.96mg (2.38%), Zinc: 0.35mg (2.35%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.1µg (1.6%)