



Cappuccino-Chocolate Coffee Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon butter melted
- 2 tablespoons butter melted
- 0.3 cup coconut flakes flaked
- 1 eggs
- 2 teaspoons coffee dry instant ()
- 0.7 cup water
- 0.3 cup nuts chopped
- 0.3 cup semi chocolate chips melted

- 0.3 cup sugar
- 2 cups frangelico
- 2 cups frangelico

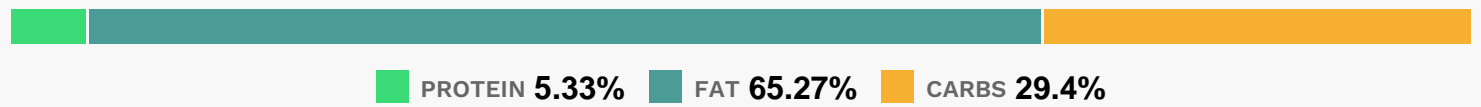
Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Heat oven to 400F. Grease square pan, 8x8x2 inches.
- Mix coconut, nuts, 1/4 cup sugar and 1 tablespoon butter; set aside.
- Beat remaining ingredients except chocolate chips and coffee in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- Pour into pan. Stir together chocolate and coffee; spoon over batter. Lightly swirl chocolate mixture through batter several times with knife for marbled design.
- Sprinkle coconut mixture evenly over top.
- Bake 20 to 25 minutes or until light golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:3.0817391302275%

Nutrients (% of daily need)

Calories: 145.86kcal (7.29%), Fat: 10.88g (16.74%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.24g (9.16%), Cholesterol: 18.59mg (6.2%), Sodium: 54.27mg (2.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.71mg (4.24%), Protein: 2g (4%), Manganese: 0.26mg (12.88%), Copper: 0.17mg (8.32%), Magnesium: 25.2mg (6.3%), Fiber: 1.41g (5.63%), Phosphorus: 52.65mg (5.26%), Iron: 0.77mg (4.29%), Vitamin A: 197.26IU (3.95%), Selenium: 2.7µg (3.86%), Zinc: 0.46mg (3.05%), Potassium: 95.46mg (2.73%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.25mg (1.66%), Vitamin B3: 0.33mg (1.65%), Vitamin B6: 0.03mg (1.62%), Calcium: 12.78mg (1.28%), Folate: 4.63µg (1.16%)