



Cherry-Almond Coffeecake

READY IN



45 min.

SERVINGS



9

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup yogurt plain low-fat
- ☐ 0.3 cup regular oats
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds
- ☐ 1 tablespoon stick margarine chilled cut into small pieces
- ☐ 1.5 tablespoons stick margarine softened
- ☐ 1.5 cups cherries sweet pitted quartered
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare topping, lightly spoon 1/4 cup flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, brown sugar, oats, and cinnamon in a small bowl; cut in 1 tablespoon butter with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.
- ☐ To prepare the cake, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a bowl; set aside. Beat granulated sugar and 1 1/2 tablespoons butter at medium speed of a mixer.
- ☐ Add the yogurt, extracts, and egg; beat well.
- ☐ Add flour mixture, and beat at low speed until well-blended (batter will be thick).

- ☐
- Spread half of batter in bottom of an 8-inch square baking pan coated with cooking spray, and top with cherries.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:43.23, Glycemic Load:22.53, Inflammation Score:-4, Nutrition Score:7.2956521381503%

Flavonoids

Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 256.4kcal (12.82%), Fat: 5.84g (8.98%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 43.95g (15.98%), Sugar: 24.19g (26.88%), Cholesterol: 22.3mg (7.43%), Sodium: 241.33mg (10.49%), Alcohol: 0.34g (100%), Alcohol %: 0.4% (100%), Protein: 5.71g (11.42%), Manganese: 0.36mg (18.2%), Selenium: 11.76µg (16.8%), Vitamin B1: 0.23mg (15.11%), Vitamin B2: 0.24mg (14.4%), Folate: 52.84µg (13.21%), Phosphorus: 112.41mg (11.24%), Calcium: 103.31mg (10.33%), Iron: 1.64mg (9.11%), Vitamin B3: 1.63mg (8.14%), Fiber: 1.76g (7.05%), Magnesium: 23.51mg (5.88%), Vitamin E: 0.81mg (5.39%), Potassium: 188.2mg (5.38%), Copper: 0.09mg (4.71%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.66mg (4.4%), Vitamin A: 206.2IU (4.12%), Vitamin B12: 0.21µg (3.43%), Vitamin B6: 0.05mg (2.72%), Vitamin C: 1.84mg (2.24%)