



## Cranberry-Almond Coffee Cake

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 6 tablespoons butter softened
- 0.8 cup brown sugar packed
- 2 eggs
- 1 teaspoon almond extract
- 0.8 cup milk
- 1 cup cranberries fresh thaw (do not )
- 0.3 cup rolled oats
- 0.3 cup almonds toasted sliced

- 0.3 cup brown sugar packed
- 2 tablespoons butter softened
- 2 cups frangelico

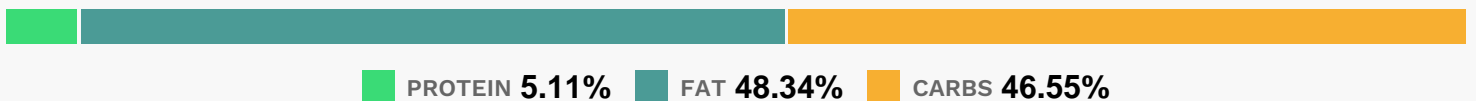
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- springform pan

## Directions

- Heat oven to 350°F. Spray 9-inch springform pan with cooking spray. In large bowl, beat 6 tablespoons butter and 3/4 cup brown sugar with electric mixer on medium speed until creamy.
- Add eggs, one at a time, beating well after each addition. Stir in almond extract. On low speed, beat in Bisquick mix alternately with milk until smooth. Stir in cranberries.
- Spread batter in pan.
- In small bowl, mix all streusel ingredients with fork until mixture is crumbly.
- Sprinkle over batter.
- Bake 38 to 42 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- Remove side of pan before serving.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.63, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:5.1465217341547%

## Flavonoids

Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 276.8kcal (13.84%), Fat: 15.2g (23.38%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 31.66g (11.51%), Sugar: 28.61g (31.79%), Cholesterol: 43.67mg (14.55%), Sodium: 164.57mg (7.16%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 3.61g (7.22%), Manganese: 0.28mg (13.9%), Vitamin A: 604.78IU (12.1%), Vitamin E: 1.72mg (11.48%), Phosphorus: 82.9mg (8.29%), Vitamin B2: 0.14mg (8.17%), Selenium: 5.29µg (7.55%), Calcium: 74.44mg (7.44%), Magnesium: 22.78mg (5.7%), Fiber: 1.27g (5.08%), Potassium: 143.02mg (4.09%), Copper: 0.08mg (4.06%), Vitamin B5: 0.39mg (3.95%), Vitamin B12: 0.24µg (3.92%), Iron: 0.7mg (3.9%), Zinc: 0.5mg (3.32%), Vitamin D: 0.47µg (3.14%), Vitamin B6: 0.06mg (3.05%), Vitamin B1: 0.04mg (2.9%), Vitamin C: 1.78mg (2.16%), Folate: 8.48µg (2.12%), Vitamin B3: 0.26mg (1.29%)