



Cranberry-Apricot Coffee Cake



Vegetarian



Gluten Free

READY IN



155 min.

SERVINGS



16

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 teaspoons almond extract
- ☐ 0.5 cup almonds finely chopped
- ☐ 2 cups cranberries fresh coarsely chopped
- ☐ 1 cup apricot dried coarsely chopped
- ☐ 2 eggs
- ☐ 0.8 cup granulated sugar
- ☐ 1 cup yogurt plain low-fat

- ☐ 0.3 cup orange juice orange-flavored
- ☐ 2 tablespoons orange juice
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup vegetable oil
- ☐ 3 cups frangelico
- ☐ 3 cups frangelico

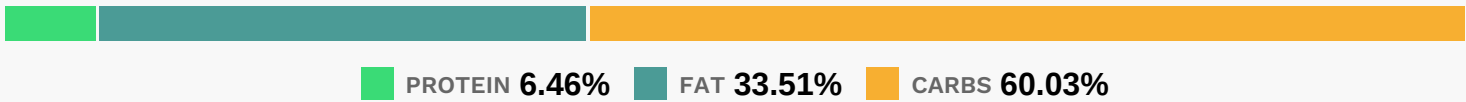
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350F. Generously grease and flour 12-cup fluted tube cake pan. In large bowl, stir Bisquick mix, granulated sugar, oil, 1 1/2 teaspoons almond extract, eggs and yogurt until well blended. Stir in all remaining coffee cake ingredients until well blended.
- ☐ Pour into pan.
- ☐ Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In medium bowl, mix all glaze ingredients until smooth and thin enough to drizzle.
- ☐ Drizzle glaze over cooled cake.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:8.88, Inflammation Score:-4, Nutrition Score:4.5756521743277%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg 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: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg 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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg 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: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 168.24kcal (8.41%), Fat: 6.5g (9.99%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 24.57g (8.93%), Sugar: 23.42g (26.03%), Cholesterol: 21.38mg (7.13%), Sodium: 19.98mg (0.87%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 2.82g (5.64%), Vitamin E: 2mg (13.36%), Manganese: 0.17mg (8.55%), Vitamin B2: 0.12mg (7.23%), Vitamin A: 349.88IU (7%), Vitamin K: 7.19µg (6.85%), Fiber: 1.61g (6.45%), Phosphorus: 62.63mg (6.26%), Vitamin C: 4.95mg (6%), Potassium: 193.5mg (5.53%), Calcium: 49.48mg (4.95%), Magnesium: 19.4mg (4.85%), Copper: 0.09mg (4.55%), Selenium: 2.68µg (3.82%), Iron: 0.54mg (3.01%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.39mg (2.63%), Vitamin B12: 0.13µg (2.25%), Folate: 8.97µg (2.24%), Vitamin B6: 0.04mg (2.21%), Vitamin B3: 0.43mg (2.16%), Vitamin B1: 0.03mg (1.75%)