



Cranberry Coffee Cake

READY IN



60 min.

SERVINGS



8

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup all-bran original* cereal
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups cranberries fresh finely chopped
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup butter soft
- ☐ 0.8 cup milk 2%
- ☐ 0.3 teaspoon salt

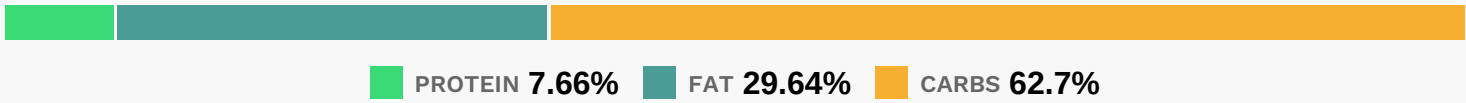
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Coat a 23 cm (9-inch) square baking pan with non-stick cooking spray.
- ☐ Topping: In medium bowl, mix together sugar and flour. Using pastry blender, cut in margarine until mixture resembles coarse crumbs. Stir in cranberries. Set aside.
- ☐ Cake: In small bowl, mix together flour, sugar, baking powder and salt. Set aside.
- ☐ In large mixing bowl, mix together cereal and milk.
- ☐ Let stand for 5 minutes or until cereal is softened.
- ☐ Add egg and margarine; beat well.
- ☐ Add flour mixture, stirring only until combined.
- ☐ Spread batter evenly in prepared pan.
- ☐ Sprinkle with cranberry topping.
- ☐ Bake in preheated oven for about 45 minutes or until wooden pick inserted in centre comes out clean.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:40.84, Glycemic Load:20.17, Inflammation Score:-7, Nutrition Score:14.275652154632%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg 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: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 207.17kcal (10.36%), Fat: 7.28g (11.2%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 31.04g (11.29%), Sugar: 15.94g (17.71%), Cholesterol: 22.23mg (7.41%), Sodium: 311.21mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B6: 0.97mg (48.48%), Manganese: 0.78mg (38.82%), Folate: 134.13µg (33.53%), Vitamin B12: 1.63µg (27.17%), Vitamin B2: 0.36mg (21.37%), Vitamin B1: 0.31mg (20.87%), Phosphorus: 169.01mg (16.9%), Fiber: 3.6g (14.38%), Calcium: 139.87mg (13.99%), Iron: 2.39mg (13.29%), Selenium: 8.37µg (11.96%), Vitamin B3: 2.12mg (10.6%), Magnesium: 36.64mg (9.16%), Vitamin A: 456.4IU (9.13%), Zinc: 1.27mg (8.48%), Vitamin C: 5.11mg (6.19%), Copper: 0.12mg (6.17%), Vitamin E: 0.72mg (4.77%), Potassium: 157.83mg (4.51%), Vitamin B5: 0.39mg (3.93%), Vitamin D: 0.44µg (2.96%), Vitamin K: 1.76µg (1.68%)