



## Cranberry-Hazelnut Coffeecake

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup cake flour sifted
- ☐ 1.7 cups cake flour sifted
- ☐ 2 cups cranberries fresh chopped
- ☐ 8 ounce carton cream fat-free sour divided
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup hazelnuts chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 5 tablespoons stick margarine softened
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

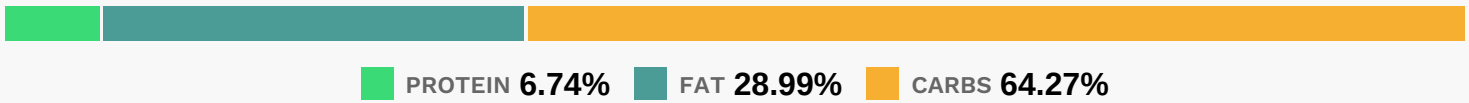
## Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/4 cup flour and next 4 ingredients (1/4 cup flour through 1 tablespoon butter) in a bowl; toss well. Set aside.
- ☐ To prepare cake, lightly spoon 1 2/3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 2/3 cups flour and next 4 ingredients (1 2/3 cups flour through salt), stirring well with a whisk.
- ☐ Combine vanilla, 1/4 cup sour cream, egg, and egg white in a small bowl; stir with a whisk.
- ☐ Place remaining sour cream and 5 tablespoons butter in a large bowl; beat with a mixer at medium speed until well-blended (about 2 minutes).

- ☐
- Add flour mixture to butter mixture alternately with egg mixture, beginning and ending with flour mixture.

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## Nutrition Facts



## Properties

Glycemic Index:36.11, Glycemic Load:26.16, Inflammation Score:-4, Nutrition Score:5.659565249215%

## Flavonoids

Cyanidin: 9.49mg, Cyanidin: 9.49mg, Cyanidin: 9.49mg, Cyanidin: 9.49mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 303.59kcal (15.18%), Fat: 9.94g (15.29%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 47.93g (17.43%), Sugar: 26.54g (29.49%), Cholesterol: 20.64mg (6.88%), Sodium: 279.98mg (12.17%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 5.2g (10.39%), Manganese: 0.47mg (23.58%), Selenium: 13.19µg (18.84%), Calcium: 83.76mg (8.38%), Vitamin A: 415.56IU (8.31%), Phosphorus: 81.57mg (8.16%), Vitamin E: 1.14mg (7.6%), Fiber: 1.64g (6.56%), Copper: 0.12mg (5.96%), Vitamin B2: 0.1mg (5.92%), Folate: 16.62µg (4.16%), Magnesium: 16.34mg (4.09%), Vitamin C: 3.01mg (3.65%), Vitamin B1: 0.05mg (3.53%), Iron: 0.62mg (3.43%), Potassium: 114.49mg (3.27%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.68%), Vitamin B12: 0.12µg (2.07%), Vitamin B3: 0.35mg (1.74%), Vitamin K: 1.54µg (1.47%)