



Easy Cherry-Almond Coffee Cake

READY IN



50 min.

SERVINGS



6

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cherry pie filling (from 21-oz can)
- ☐ 12.4 oz cinnamon bun dough refrigerated with icing canned
- ☐ 1 tablespoon slivered almonds

Equipment

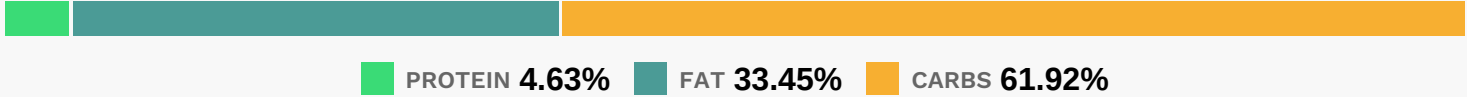
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

☐ microwave

Directions

- ☐ Heat oven to 375F. Spray 9-inch round cake pan with cooking spray. Separate dough into 8 rolls.
- ☐ Cut each into 4 pieces; place rounded side down in pan. Spoon pie filling over dough.
- ☐ Sprinkle with almonds.
- ☐ Bake 25 to 35 minutes or until deep golden brown. Cool in pan 3 minutes.
- ☐ Place wire rack upside down over pan; turn rack and pan over.
- ☐ Remove pan.
- ☐ Place heatproof plate upside down over coffee cake; turn over.
- ☐ Remove cover from icing; microwave on High 3 to 7 seconds. Stir icing; drizzle desired amount over warm coffee cake.
- ☐ Cut into wedges; serve warm.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:17.3, Inflammation Score:-1, Nutrition Score:1.3030434665473%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.78kcal (12.94%), Fat: 9.77g (15.03%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 40.25g (14.64%), Sugar: 12.8g (14.23%), Cholesterol: 0mg (0%), Sodium: 427.43mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Iron: 1.07mg (5.95%), Vitamin E: 0.43mg (2.84%),

Manganese: 0.05mg (2.5%), Copper: 0.05mg (2.44%), Magnesium: 7.26mg (1.82%), Fiber: 0.44g (1.78%), Vitamin C: 1.42mg (1.72%), Vitamin A: 80.85IU (1.62%), Potassium: 53.62mg (1.53%), Vitamin B2: 0.03mg (1.49%), Phosphorus: 13.93mg (1.39%)