



Easy Fruit Coffee Cake

READY IN



55 min.

SERVINGS



18

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 cups self raising flour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter
- ☐ 0.5 cup milk
- ☐ 1 eggs beaten
- ☐ 3 cups plums fresh sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons butter melted

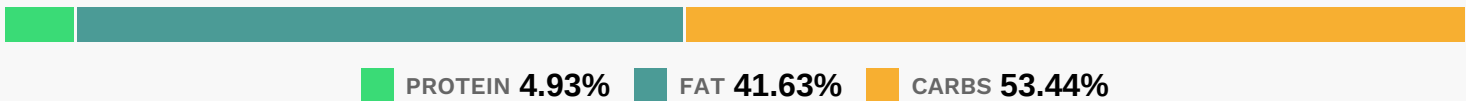
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Grease 13x9-inch pan with shortening or cooking spray. In large bowl, mix flour and 1/2 cup sugar.
- ☐ Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture resembles coarse crumbs.
- ☐ Add milk and egg; stir just until blended.
- ☐ Spread batter evenly in pan.
- ☐ Arrange sliced fruit in rows on batter. In small bowl, mix 1/2 cup sugar and the cinnamon; sprinkle evenly over fruit.
- ☐ Drizzle with melted butter.
- ☐ Bake 28 to 35 minutes or until golden brown.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:13.84, Inflammation Score:-3, Nutrition Score:2.3730434775352%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg

Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg,
Epigallocatechin 3–gallate: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 162.85kcal (8.14%), Fat: 7.69g (11.83%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 22.21g (7.4%), Net
Carbohydrates: 21.55g (7.84%), Sugar: 14.19g (15.76%), Cholesterol: 9.91mg (3.3%), Sodium: 87.84mg (3.82%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 428.44IU (8.57%), Selenium: 5.08µg
(7.26%), Manganese: 0.11mg (5.4%), Vitamin C: 2.63mg (3.19%), Phosphorus: 28.21mg (2.82%), Vitamin E: 0.41mg
(2.74%), Fiber: 0.66g (2.66%), Vitamin B2: 0.04mg (2.31%), Potassium: 71.22mg (2.03%), Copper: 0.04mg (1.87%),
Vitamin K: 1.84µg (1.75%), Calcium: 16.18mg (1.62%), Vitamin B5: 0.15mg (1.53%), Folate: 6.05µg (1.51%), Magnesium:
5.93mg (1.48%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.18mg (1.18%), Vitamin B3: 0.23mg (1.15%), Vitamin B12: 0.07µg
(1.12%), Iron: 0.19mg (1.07%), Vitamin B6: 0.02mg (1.05%)