



## Peach-Almond Coffee Cake

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds sliced
- 0.3 cup brown sugar packed
- 1 eggs fat-free
- 0.7 cup skim milk fat-free (skim)
- 0.5 cup vanilla yogurt thick yoplait®
- 1 cup peaches fresh thawed drained chopped ( and )
- 2 cups mayonnaise

- 0.3 cup sugar
- 2 tablespoons vegetable oil

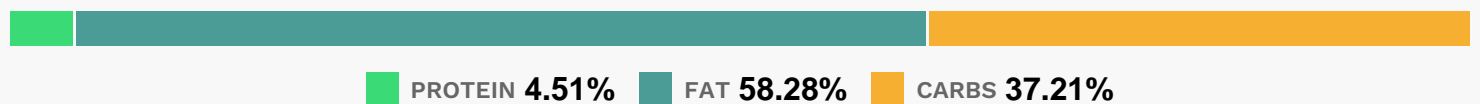
## Equipment

- bowl
- frying pan
- oven
- knife
- toothpicks

## Directions

- Heat oven to 37
- Spray round pan, 8x1 1/2 inches, with cooking spray.
- Mix milk, egg, oil and almond extract in large bowl until smooth. Stir in Bisquick and sugar until Bisquick is moistened (batter will be lumpy).
- Spread batter in pan.
- Mix peaches and yogurt; spoon onto batter. Swirl lightly with knife.
- Sprinkle with brown sugar and almonds.
- Bake 25 to 30 minutes or until toothpick inserted in cake near center comes out clean.
- Serve warm or cool. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.36, Glycemic Load:5.47, Inflammation Score:-2, Nutrition Score:4.4495651877445%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg

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## **Nutrients (% of daily need)**

Calories: 219.85kcal (10.99%), Fat: 14.46g (22.25%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 20.25g (7.36%), Sugar: 17.53g (19.48%), Cholesterol: 24.64mg (8.21%), Sodium: 395.18mg (17.18%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 2.52g (5.04%), Vitamin K: 29.55µg (28.14%), Vitamin E: 1.95mg (13.02%), Phosphorus: 64.13mg (6.41%), Calcium: 59.12mg (5.91%), Vitamin B2: 0.1mg (5.8%), Selenium: 3.97µg (5.67%), Manganese: 0.07mg (3.58%), Potassium: 117.46mg (3.36%), Magnesium: 13.31mg (3.33%), Vitamin B12: 0.2µg (3.31%), Vitamin A: 143.93IU (2.88%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.37mg (2.49%), Fiber: 0.52g (2.07%), Folate: 7.53µg (1.88%), Vitamin B1: 0.03mg (1.87%), Iron: 0.33mg (1.83%), Vitamin D: 0.27µg (1.78%), Vitamin B6: 0.03mg (1.63%), Vitamin B3: 0.25mg (1.27%)