



Fruit Swirl Coffee Cake

 Dairy Free

READY IN



75 min.

SERVINGS



18

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 21 oz apricot pie filling canned
- 2 eggs
- 1 teaspoon vanilla
- 0.5 cup vanilla frosting
- 0.5 cup vegetable oil
- 0.3 cup water
- 1 box cake mix white

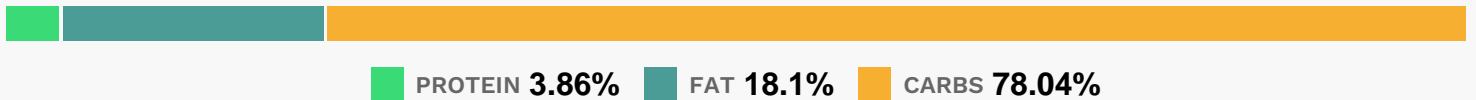
Equipment

- bowl
- frying pan
- oven
- toothpicks
- microwave

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease and lightly flour or spray bottom and sides of 15x10x1-inch pan. In large bowl, stir cake mix, oil, water, vanilla and eggs, using large spoon, until batter forms.
- Set aside 3/4 cup batter; spread remaining batter evenly in pan.
- Spread pie filling over batter in pan. Drop remaining batter, 1 tablespoonful at a time, onto pie filling, spreading slightly.
- Bake 32 to 36 minutes or until toothpick inserted near center of cake comes out clean. In microwavable bowl, microwave frosting uncovered on High 20 to 30 seconds or until melted; stir.
- Drizzle over warm coffee cake. Cool 30 minutes.
- Serve warm or cool. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:3.6034782684368%

Nutrients (% of daily need)

Calories: 187.15kcal (9.36%), Fat: 3.75g (5.77%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 36.1g (13.13%), Sugar: 20.86g (23.17%), Cholesterol: 18.19mg (6.06%), Sodium: 239.55mg (10.42%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 1.8g (3.6%), Vitamin C: 9.92mg (12.03%), Phosphorus: 107.62mg (10.76%), Iron: 1.45mg (8.06%), Calcium: 65.95mg (6.6%), Vitamin B2: 0.1mg (6.11%), Folate: 22.91µg (5.73%), Selenium: 3.98µg (5.68%), Vitamin B1: 0.06mg (4.33%), Vitamin K: 3.83µg (3.65%), Vitamin B3: 0.7mg (3.52%), Vitamin E: 0.5mg (3.31%), Manganese: 0.06mg (3.04%), Vitamin B5: 0.16mg (1.63%), Copper: 0.03mg (1.37%), Zinc: 0.2mg (1.33%), Fiber: 0.32g (1.26%)