



Gluten-Free Almond Berry Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 0.5 cup milk
- ☐ 1 teaspoon vanilla extract pure
- ☐ 16 oz flour gluten free
- ☐ 2 teaspoons double-acting baking powder gluten-free
- ☐ 1 teaspoon xanthan gum

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups berries mixed fresh such as raspberries and blueberries
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup powdered sugar gluten-free
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 teaspoons milk

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 375°F. Grease and flour bottom and side of 9-inch round cake pan with shortening and flour blend.
- ☐ In large bowl, beat 3/4 cup granulated sugar, the softened butter and egg with electric mixer on medium speed until fluffy. Beat in 1/2 cup milk and 1 teaspoon vanilla just until blended. Stir in flour blend, baking powder, xanthan gum and salt.
- ☐ Spread batter in pan.
- ☐ In medium bowl, stir together 2 tablespoons granulated sugar and the cinnamon; sprinkle half of the sugar mixture over batter.
- ☐ Add berries to remaining sugar mixture; toss until well coated. Spoon berry mixture over batter.
- ☐ Sprinkle with almonds; pat almonds and berries lightly into batter.
- ☐ Bake 30 to 40 minutes or until toothpick inserted in center of cake comes out clean.

- ☐ In small bowl, mix Glaze ingredients until smooth and thin enough to drizzle.
- ☐ Drizzle over warm coffee cake.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:47.07, Inflammation Score:-5, Nutrition Score:11.636956551801%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 5.28mg, Petunidin: 5.28mg, Petunidin: 5.28mg, Petunidin: 5.28mg Delphinidin: 6.27mg, Delphinidin: 6.27mg, Delphinidin: 6.27mg, Delphinidin: 6.27mg Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 428.83kcal (21.44%), Fat: 9.53g (14.66%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 78.35g (26.12%), Net Carbohydrates: 75.2g (27.34%), Sugar: 32.72g (36.35%), Cholesterol: 37.69mg (12.56%), Sodium: 323.76mg (14.08%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 8.09g (16.18%), Vitamin B1: 0.47mg (31.61%), Selenium: 21.66µg (30.95%), Folate: 110.29µg (27.57%), Manganese: 0.54mg (27.21%), Vitamin B2: 0.39mg (23%), Vitamin B3: 3.67mg (18.33%), Iron: 3.06mg (17.01%), Phosphorus: 135.15mg (13.52%), Fiber: 3.15g (12.61%), Calcium: 106.68mg (10.67%), Vitamin E: 1.39mg (9.26%), Copper: 0.14mg (6.9%), Magnesium: 27.48mg (6.87%), Vitamin K: 5.54µg (5.27%), Vitamin A: 247.48IU (4.95%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.46mg (4.57%), Potassium: 141.99mg (4.06%), Vitamin B6: 0.07mg (3.37%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.29µg (1.94%)