



Mile High Raspberry Coffee Cake

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.7 cup almonds sliced
- 0.5 cup flour all-purpose
- 0.3 cup sugar
- 3 tablespoons butter melted
- 1 cup sugar
- 1 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 0.5 cup almond flour
- 0.3 cup butter melted

- 0.3 cup milk
- 2 teaspoons vanilla
- 2 eggs
- 2 cups raspberries frozen organic thaw cascadian farm® (do not)
- 1 tablespoon flour all-purpose
- 3 cups frangelico

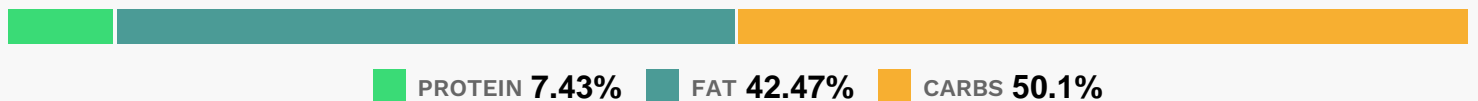
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- springform pan

Directions

- Heat oven to 325°F. Generously spray 9-inch springform pan with cooking spray.
- In medium bowl, mix almonds, 1/2 cup flour and 1/3 cup sugar. Gradually stir in 3 tablespoons melted butter until blended. Use fingers to pinch streusel mixture into clumps.
- In large bowl, beat Bisquick mix, 1 cup sugar, the yogurt, almond meal, 1/4 cup melted butter, the milk, vanilla and eggs with spoon until well blended.
- Spread batter in pan. Toss raspberries with 1 tablespoon flour; sprinkle over batter.
- Sprinkle with topping.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, about 1 hour 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:22.98, Inflammation Score:-4, Nutrition Score:7.0539130387099%

Flavonoids

Cyanidin: 11.14mg, Cyanidin: 11.14mg, Cyanidin: 11.14mg, Cyanidin: 11.14mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 317.96kcal (15.9%), Fat: 15.49g (23.83%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 38g (13.82%), Sugar: 31.97g (35.52%), Cholesterol: 55.92mg (18.64%), Sodium: 95.26mg (4.14%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 6.1g (12.2%), Manganese: 0.36mg (17.76%), Vitamin E: 2.11mg (14.08%), Vitamin B2: 0.22mg (12.98%), Fiber: 3.11g (12.44%), Phosphorus: 103.1mg (10.31%), Selenium: 6.95µg (9.93%), Calcium: 92.36mg (9.24%), Vitamin C: 6.48mg (7.86%), Magnesium: 29.38mg (7.35%), Folate: 27.68µg (6.92%), Vitamin A: 322.69IU (6.45%), Iron: 1.12mg (6.21%), Vitamin B1: 0.09mg (6.2%), Copper: 0.11mg (5.34%), Potassium: 167.72mg (4.79%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.44mg (4.42%), Vitamin B12: 0.26µg (4.3%), Vitamin B3: 0.83mg (4.13%), Vitamin B6: 0.05mg (2.74%), Vitamin K: 2.65µg (2.53%), Vitamin D: 0.24µg (1.62%)