



Mixed-Berry Coffee Cake

READY IN



60 min.

SERVINGS



8

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 2 teaspoons double-acting baking powder
- 1.5 cups berries mixed fresh (such as blueberries, raspberries and blackberries)
- 0.3 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 cup milk
- 2 teaspoons milk
- 0.5 cup powdered sugar
- 0.5 teaspoon salt
- 0.3 teaspoon vanilla

Equipment

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

Directions

- Heat oven to 350F. Grease and flour bottom and side of 9-inch round cake pan, or spray with baking spray with flour.
- In large bowl, beat 3/4 cup granulated sugar, the butter and egg with electric mixer on medium speed until fluffy. Beat in milk just until blended. Stir in flour, baking powder and salt.
- Spread batter in pan.
- In medium bowl, stir together 2 tablespoons granulated sugar and the cinnamon.
- Add berries; toss with cinnamon-sugar mixture until well coated. Spoon berry mixture over batter.
- Sprinkle with almonds.
- Bake 35 to 45 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 glaze over warm coffee cake.
- Serve warm.

Nutrition Facts



■ PROTEIN **5.98%** ■ FAT **26.41%** ■ CARBS **67.61%**

Properties

Glycemic Index:49.77, Glycemic Load:28.71, Inflammation Score:-4, Nutrition Score:7.1369564610979%

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: 305.52kcal (15.28%), Fat: 9.16g (14.1%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 50.74g (18.45%), Sugar: 32.56g (36.18%), Cholesterol: 22.44mg (7.48%), Sodium: 333.52mg (14.5%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 4.66g (9.33%), Manganese: 0.34mg (16.9%), Selenium: 10.32µg (14.74%), Vitamin B1: 0.21mg (14.22%), Vitamin B2: 0.23mg (13.33%), Folate: 49.28µg (12.32%), Calcium: 103.32mg (10.33%), Phosphorus: 98.21mg (9.82%), Vitamin E: 1.43mg (9.51%), Vitamin B3: 1.7mg (8.5%), Iron: 1.53mg (8.48%), Fiber: 2.03g (8.13%), Vitamin A: 324.32IU (6.49%), Magnesium: 20.25mg (5.06%), Vitamin K: 4.98µg (4.74%), Copper: 0.09mg (4.51%), Vitamin B5: 0.31mg (3.1%), Potassium: 106.27mg (3.04%), Zinc: 0.45mg (3%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.29µg (1.94%)