



Mixed Fruit Coffee Cake

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 7 oz fruit mixed dried coarsely chopped
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup sugar
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1.5 cups frangelico

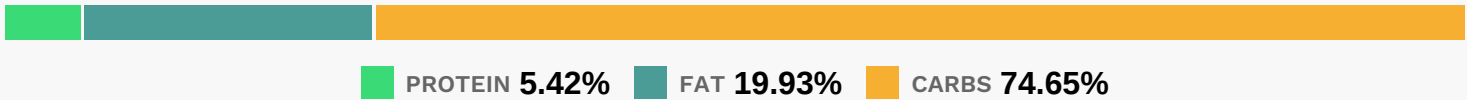
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of 9-inch round cake pan with shortening; lightly flour.
- ☐ In 1-quart saucepan, heat fruit and orange juice to boiling over medium heat; reduce heat. Simmer about 3 minutes, stirring occasionally, until thickened and fruit is soft; set aside.
- ☐ In medium bowl, stir remaining ingredients until mixed; pour into pan. Top with fruit mixture.
- ☐ Bake 30 to 40 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:13.71, Inflammation Score:-2, Nutrition Score:3.984782581744%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 157.05kcal (7.85%), Fat: 3.66g (5.63%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 28.37g (10.32%), Sugar: 26.53g (29.47%), Cholesterol: 20.66mg (6.89%), Sodium: 51.48mg

(2.24%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 2.24g (4.47%), Vitamin C: 8.15mg (9.87%), Fiber: 2.46g (9.85%), Potassium: 235.76mg (6.74%), Calcium: 66.51mg (6.65%), Manganese: 0.13mg (6.62%), Magnesium: 21.34mg (5.33%), Phosphorus: 47.01mg (4.7%), Vitamin B2: 0.08mg (4.6%), Copper: 0.08mg (4.24%), Vitamin A: 189.09IU (3.78%), Vitamin K: 3.92µg (3.74%), Iron: 0.65mg (3.59%), Selenium: 2.3µg (3.28%), Vitamin B5: 0.29mg (2.9%), Vitamin B1: 0.04mg (2.84%), Folate: 10.73µg (2.68%), Vitamin B6: 0.05mg (2.38%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.11µg (1.91%), Vitamin E: 0.26mg (1.75%), Vitamin B3: 0.24mg (1.18%)