



Orange Almond Coffee Cake



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.5 cup milk
- ☐ 1 large eggs
- ☐ 0.5 cup cream sour
- ☐ 2 oz cream cheese softened
- ☐ 2 tablespoons orange marmalade
- ☐ 0.3 cup almonds sliced
- ☐ 2 cups frangelico

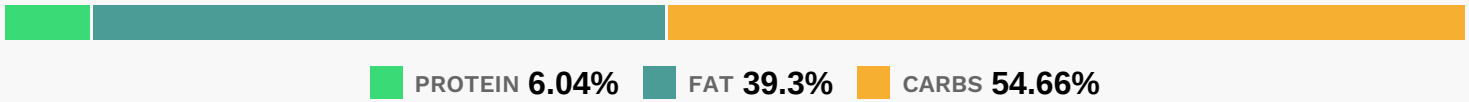
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°. Spray a 9-inch round baking pan with nonstick cooking spray.
- ☐ In a medium bowl, combine Bisquick mix and sugar.
- ☐ Add milk and egg, stirring until smooth. Stir in sour cream. Spoon mixture into prepared pan.
- ☐ In a small bowl, combine cream cheese and orange marmalade. Spoon mixture by tablespoons evenly over batter; sprinkle evenly with almonds.
- ☐ Bake for 32 to 37 minutes, or until golden brown.
- ☐ Let cool for 10 minutes before cutting into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:13.49, Inflammation Score:-2, Nutrition Score:2.8456521798735%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 7.8g (12.01%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 24.03g (8.74%), Sugar: 23.35g (25.95%), Cholesterol: 40.72mg (13.57%), Sodium: 44.4mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin B2: 0.13mg (7.51%), Vitamin E: 0.93mg (6.19%), Phosphorus: 60.31mg (6.03%), Calcium: 53.47mg (5.35%), Selenium: 3.61µg (5.16%), Vitamin A: 246.32IU (4.93%), Manganese: 0.07mg (3.61%), Magnesium: 12.52mg (3.13%), Vitamin B12: 0.18µg (3.06%), Vitamin B5: 0.26mg (2.56%), Potassium: 82.12mg (2.35%), Copper: 0.04mg (2.2%), Zinc: 0.32mg (2.13%), Vitamin D: 0.29µg (1.95%), Vitamin B6: 0.03mg (1.73%), Fiber: 0.39g (1.58%), Folate: 6.15µg (1.54%), Vitamin B1: 0.02mg (1.45%), Iron: 0.25mg (1.39%)