



Orange Marmalade Coffee Cake

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup orange marmalade
- ☐ 0.3 cup almonds sliced
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons plus light
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon orange zest grated
- ☐ 3 teaspoons double-acting baking powder

- ☐ 0.5 teaspoon salt
- ☐ 1 cup frangelico

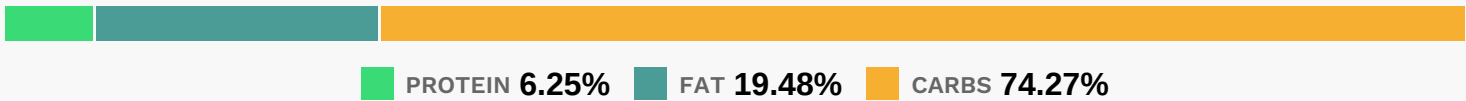
Equipment

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

Directions

- ☐ Heat oven to 375°F. In 9-inch round cake pan or 8-inch square pan, mix marmalade, almonds, butter and corn syrup.
- ☐ In medium bowl, mix flour, sugar, orange peel, baking powder and salt. Stir in just enough half-and-half so dough leaves side of bowl and forms a ball. Drop dough by 12 spoonfuls onto marmalade mixture; flatten slightly.
- ☐ Bake 30 to 35 minutes or until golden brown. Immediately place heatproof serving plate upside down onto pan; turn plate and pan over.
- ☐ Let pan remain about 1 minute so marmalade mixture can drizzle over coffee cake.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:24.98, Inflammation Score:-4, Nutrition Score:6.9191304370761%

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

Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 272.71kcal (13.64%), Fat: 6.04g (9.29%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 50.28g (18.28%), Sugar: 22.68g (25.2%), Cholesterol: 0mg (0%), Sodium: 369.28mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin B1: 0.29mg (19.17%), Selenium: 12.24µg (17.49%), Folate: 67.68µg (16.92%), Manganese: 0.31mg (15.51%), Vitamin B2: 0.22mg (12.66%), Calcium: 112.4mg (11.24%), Vitamin B3: 2.2mg (10.99%), Iron: 1.94mg (10.8%), Phosphorus: 86.83mg (8.68%), Vitamin E: 0.93mg (6.22%), Fiber: 1.53g (6.12%), Copper: 0.1mg (4.98%), Magnesium: 16.68mg (4.17%), Vitamin A: 203.37IU (4.07%), Zinc: 0.37mg (2.47%), Vitamin C: 1.99mg (2.41%), Potassium: 70.4mg (2.01%), Vitamin B5: 0.18mg (1.79%), Vitamin B6: 0.03mg (1.25%)