

Overnight Berry Coffee Cake

READY IN



60 min.

SERVINGS



16

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.7 cup butter melted
- 1 cup buttermilk
- 2 eggs beaten
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup nuts chopped

- 1 cup raspberries fresh
- 0.5 teaspoon salt
- 1 cup sugar

Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine flours, sugars, baking powder, baking soda, cinnamon and salt. In a separate bowl, combine buttermilk, butter and eggs; add to dry ingredients and mix until well blended. Fold in berries.
- Pour into a greased 13-in. x 9-in. baking pan.
- Combine topping ingredients; sprinkle over batter. Cover and refrigerate several hours or overnight. Uncover and bake at 350° for 45–50 minutes or until cake tests done.

Nutrition Facts



PROTEIN 5.95% **FAT 39.9%** **CARBS 54.15%**

Properties

Glycemic Index:20.55, Glycemic Load:17.97, Inflammation Score:-4, Nutrition Score:5.2456521132718%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 247.37kcal (12.37%), Fat: 11.19g (17.22%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 32.8g (11.93%), Sugar: 20.27g (22.53%), Cholesterol: 22.11mg (7.37%), Sodium: 283.31mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Manganese: 0.27mg (13.65%), Selenium: 7.72µg (11.03%), Vitamin B1: 0.14mg (9.62%), Folate: 35.92µg (8.98%), Vitamin B2: 0.15mg (8.58%), Vitamin A: 396.29IU (7.93%), Phosphorus: 70.27mg (7.03%), Iron: 1.14mg (6.32%), Vitamin B3: 1.21mg (6.04%), Fiber: 1.38g (5.52%), Calcium: 52.35mg (5.24%), Copper: 0.1mg (4.96%), Magnesium: 18.42mg (4.6%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.45mg (2.97%), Vitamin E: 0.44mg (2.93%), Potassium: 96.72mg (2.76%), Vitamin C: 2.01mg (2.43%), Vitamin B6: 0.04mg (2.15%), Vitamin B12: 0.13µg (2.12%), Vitamin D: 0.31µg (2.03%)