



## Peach-Almond Coffee Cake

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.7 cup skim milk fat-free (skim)
- 1 eggs fat-free
- 2 tablespoons vegetable oil
- 0.5 teaspoon almond extract
- 2 cups available by request from butcher
- 0.3 cup sugar
- 1 cup peaches fresh thawed drained chopped ( and )
- 0.5 cup vanilla yogurt thick yoplait®

- 0.3 cup brown sugar packed
- 0.3 cup almonds sliced

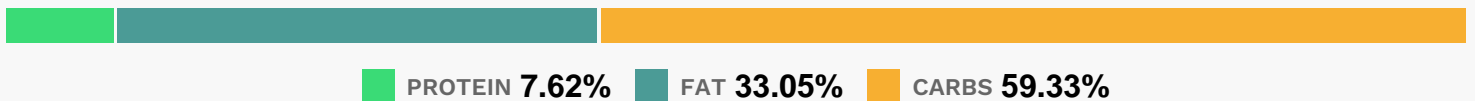
## Equipment

- bowl
- frying pan
- oven
- knife
- toothpicks

## Directions

- Heat oven to 375°. Spray round pan, 8x1 1/2 inches, with cooking spray.
- Mix milk, egg, oil and almond extract in large bowl until smooth. Stir in Bisquick and sugar until Bisquick is moistened (batter will be lumpy).
- Spread batter in pan.
- Mix peaches and yogurt; spoon onto batter. Swirl lightly with knife.
- Sprinkle with brown sugar and almonds.
- Bake 25 to 30 minutes or until toothpick inserted in cake near center comes out clean.
- Serve warm or cool. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.36, Glycemic Load:5.47, Inflammation Score:-2, Nutrition Score:3.5291304173677%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 141.45kcal (7.07%), Fat: 5.33g (8.2%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 20.59g (7.49%), Sugar: 16.75g (18.61%), Cholesterol: 19.49mg (6.5%), Sodium: 191.5mg (8.33%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 2.76g (5.52%), Potassium: 347.5mg (9.93%), Calcium: 97.25mg (9.73%), Vitamin E: 0.97mg (6.48%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 57.41mg (5.74%), Vitamin K: 5.49µg (5.23%), Selenium: 2.8µg (4%), Vitamin A: 193.72IU (3.87%), Fiber: 0.92g (3.69%), Manganese: 0.07mg (3.42%), Vitamin B12: 0.2µg (3.31%), Magnesium: 12.41mg (3.1%), Vitamin B5: 0.24mg (2.35%), Zinc: 0.34mg (2.28%), Copper: 0.04mg (2.2%), Vitamin D: 0.27µg (1.78%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.59%), Iron: 0.27mg (1.48%), Folate: 5.73µg (1.43%), Vitamin B3: 0.25mg (1.25%)