



Pineapple Coffee Cake

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 tablespoon apple cider vinegar white
- 0.5 teaspoon cinnamon
- 1.5 teaspoons ener-g egg replacer
- 0.5 teaspoon ground cinnamon
- 1 cup rolled oats whole instant quick (not)
- 1 cup pineapple packed in pineapple juice, undrained crushed

- 0.5 teaspoon salt
- 0.5 cup sugar (I used demerara)
- 2 tablespoons sugar raw such as demerara or sugar
- 0.3 cup apple sauce unsweetened
- 3 tablespoons water
- 1 cup flour whole wheat

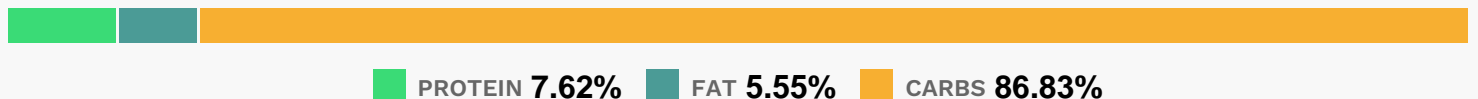
Equipment

- frying pan
- oven
- blender
- toothpicks

Directions

- Put the oats into a blender and grind until they are fine. Stir a couple of times to make sure that they're uniformly ground.
- Mix the oat flour with the other dry ingredients.
- Add the wet ingredients and stir until moistened and completely combined, but don't overmix.
- Pour into the prepared pan (batter will be thick).
- Mix together the sugar and cinnamon topping, and sprinkle it over the top.
- Bake for 30-40 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool for at least 15 minutes. Eat and celebrate!

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:11.93, Inflammation Score:-2, Nutrition Score:6.5752173882464%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 155.13kcal (7.76%), Fat: 1.01g (1.55%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 32.52g (11.82%), Sugar: 18.5g (20.56%), Cholesterol: 0mg (0%), Sodium: 286.52mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 0.92mg (45.77%), Selenium: 11.07µg (15.81%), Fiber: 2.9g (11.59%), Phosphorus: 106.58mg (10.66%), Vitamin B1: 0.14mg (9.17%), Magnesium: 35.42mg (8.86%), Calcium: 79.84mg (7.98%), Copper: 0.12mg (6.16%), Iron: 1.09mg (6.03%), Zinc: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.29%), Vitamin B3: 0.85mg (4.24%), Potassium: 122.95mg (3.51%), Vitamin C: 2.57mg (3.11%), Vitamin B2: 0.05mg (2.76%), Folate: 10.35µg (2.59%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.16mg (1.05%)