



## Raspberry-Almond Coffee Cake

READY IN



53 min.

SERVINGS



8

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 tablespoon almonds sliced
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 3 tablespoons brown sugar
- 1 large eggs lightly beaten
- 1 teaspoon milk fat-free
- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.5 cup yogurt plain low-fat

- 0.3 cup powdered sugar sifted
- 1 cup raspberries fresh
- 0.1 teaspoon salt
- 2 tablespoons stick margarine melted
- 0.3 teaspoon vanilla extract
- 1 teaspoon vanilla extract

## Equipment

- bowl
- oven
- knife
- wire rack
- cake form
- measuring cup

## Directions

- Preheat oven to 350
- Combine raspberries and brown sugar in a bowl. Set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 4 ingredients in a large bowl.
- Combine yogurt, margarine, 1 teaspoon vanilla, and egg; add to flour mixture, stirring just until moist.
- Spoon two-thirds of batter into an 8- inch round cake pan coated with cooking spray. Top with raspberry mixture. Spoon remaining batter over raspberry mixture; top with almonds.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.
- Combine powdered sugar, milk, and 1/4 teaspoon vanilla.
- Drizzle over cake.
- Serve warm or at room temperature.

# Nutrition Facts

PROTEIN 8.05% FAT 23% CARBS 68.95%

## Properties

Glycemic Index:38.29, Glycemic Load:14.74, Inflammation Score:-3, Nutrition Score:5.0921739287998%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 182.99kcal (9.15%), Fat: 4.71g (7.25%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 30.22g (10.99%), Sugar: 18.32g (20.36%), Cholesterol: 24.19mg (8.06%), Sodium: 153.7mg (6.68%), Alcohol: 0.22g (100%), Alcohol %: 0.36% (100%), Protein: 3.71g (7.42%), Manganese: 0.24mg (12.15%), Selenium: 7.94µg (11.35%), Vitamin B2: 0.16mg (9.62%), Vitamin B1: 0.14mg (9.34%), Folate: 37.01µg (9.25%), Phosphorus: 68.88mg (6.89%), Fiber: 1.55g (6.21%), Calcium: 61.55mg (6.15%), Iron: 1.06mg (5.91%), Vitamin B3: 1.09mg (5.44%), Vitamin C: 4.06mg (4.92%), Vitamin E: 0.64mg (4.3%), Vitamin A: 180.03IU (3.6%), Magnesium: 14.2mg (3.55%), Vitamin B5: 0.32mg (3.21%), Potassium: 102.79mg (2.94%), Copper: 0.06mg (2.94%), Zinc: 0.43mg (2.9%), Vitamin B12: 0.15µg (2.48%), Vitamin B6: 0.04mg (1.88%), Vitamin K: 1.27µg (1.21%)