



Raspberry-Almond Coffee Cake

READY IN



65 min.

SERVINGS



8

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon almond extract
- 0.3 cup almonds sliced
- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 tablespoon butter softened
- 1 eggs
- 0.8 cup flour whole wheat
- 1.3 cups flour all-purpose

- 0.5 cup granulated sugar
- 0.8 cup milk
- 3 teaspoons milk
- 0.5 cup powdered sugar
- 1 cup raspberries fresh
- 0.5 teaspoon salt
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks

Directions

- Heat oven to 350F. Spray 9-inch round or square pan with baking spray with flour.
- In medium bowl, beat 3/4 cup milk, 1/2 cup melted butter, the vanilla, 1/2 teaspoon almond extract and the egg with wire whisk or spoon until well blended. Stir in flours, granulated sugar, baking powder and salt. Gently fold in raspberries.
- Spread in pan.
- Sprinkle almonds evenly over batter.
- Bake 30 to 35 minutes or until top is light golden brown and toothpick inserted in center comes out clean. Cool 10 minutes.
- In small bowl, mix glaze ingredients until smooth and thin enough to drizzle.
- Drizzle glaze over warm coffee cake.

Nutrition Facts

PROTEIN 6.64% **FAT 40.73%** **CARBS 52.63%**

Properties

Glycemic Index:43.64, Glycemic Load:20.44, Inflammation Score:-6, Nutrition Score:9.9034783425538%

Flavonoids

Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 351.45kcal (17.57%), Fat: 16.19g (24.91%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 44g (16%), Sugar: 22.02g (24.46%), Cholesterol: 23.43mg (7.81%), Sodium: 420mg (18.26%), Alcohol: 0.3g (100%), Alcohol %: 0.33% (100%), Protein: 5.94g (11.88%), Manganese: 0.76mg (38.14%), Selenium: 16µg (22.86%), Vitamin B1: 0.24mg (15.88%), Phosphorus: 140.95mg (14.1%), Vitamin B2: 0.22mg (13.14%), Vitamin A: 645.87IU (12.92%), Fiber: 3.07g (12.27%), Folate: 47.85µg (11.96%), Calcium: 115.69mg (11.57%), Vitamin E: 1.52mg (10.15%), Vitamin B3: 1.94mg (9.71%), Iron: 1.74mg (9.67%), Magnesium: 35.26mg (8.81%), Copper: 0.12mg (6.19%), Zinc: 0.76mg (5.05%), Vitamin C: 3.96mg (4.8%), Vitamin B6: 0.09mg (4.63%), Potassium: 158.79mg (4.54%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.38µg (2.55%), Vitamin K: 1.53µg (1.46%)