

Raspberry Coffee Cake

READY IN



45 min.

SERVINGS



10

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 pound bread dough sweet frozen thawed
- 0.3 cup butter cold
- 0.5 cup powdered sugar
- 0.5 cup flour all-purpose
- 3 teaspoons milk
- 1 pint raspberries fresh
- 0.3 cup sugar
- 0.1 teaspoon vanilla extract

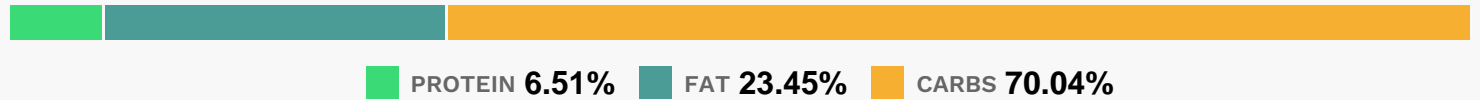
Equipment

- bowl
- oven
- pizza pan

Directions

- On a lightly floured surface, roll dough into a 14-in. circle.
- Transfer to a greased 14-in. pizza pan.
- Bake at 350° for 5 minutes.
- Sprinkle with raspberries. In a small bowl, combine flour and sugar; cut in butter and vanilla until crumbly.
- Sprinkle over berries.
- Bake at 350° for 25–30 minutes or until golden. Cool.
- Combine glaze ingredients; drizzle over coffee cake. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:7.63, Inflammation Score:-3, Nutrition Score:4.3878261129493%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 247.23kcal (12.36%), Fat: 6.36g (9.79%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 38.65g (14.06%), Sugar: 13.05g (14.5%), Cholesterol: 12.38mg (4.13%), Sodium: 251.16mg (10.92%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 3.97g (7.95%), Manganese: 0.36mg (18.01%), Fiber: 4.13g (16.52%), Vitamin C: 12.4mg (15.03%), Folate: 21.54µg (5.39%), Vitamin B1: 0.07mg (4.36%), Vitamin K: 4.11µg (3.92%), Vitamin E: 0.55mg (3.65%), Iron: 0.62mg (3.47%), Selenium: 2.36µg (3.38%), Vitamin B3: 0.66mg (3.28%), Vitamin B2: 0.05mg (3.23%), Vitamin A: 159.86IU (3.2%), Magnesium: 12.08mg (3.02%), Copper: 0.05mg (2.62%), Phosphorus: 23.35mg (2.34%), Potassium: 82.04mg (2.34%), Vitamin B5: 0.19mg (1.95%), Zinc: 0.25mg (1.7%), Calcium: 16.09mg (1.61%), Vitamin B6: 0.03mg (1.49%)