



## Raspberry-Marzipan Coffee Cake

READY IN



70 min.

SERVINGS



12

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter firm
- ☐ 0.3 cup slivered almonds
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter softened
- ☐ 1 cup milk
- ☐ 2 teaspoons double-acting baking powder

- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 0.5 package almond paste finely chopped (7-)
- ☐ 1 cup raspberries fresh unsweetened frozen thawed ()

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Grease 9-inch square pan. In small bowl, mix 1/3 cup flour and 1/4 cup sugar.
- ☐ Cut in firm butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in almonds.
- ☐ In large bowl, beat all coffee cake ingredients except almond paste and raspberries with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Spread half of batter in pan.
- ☐ Sprinkle with half each of the almond paste, raspberries and streusel. Repeat with remaining batter, almond paste, raspberries and streusel.
- ☐ Bake about 50 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cool.

## Nutrition Facts



 **PROTEIN 6.76%**  **FAT 35.53%**  **CARBS 57.71%**

## Properties

Glycemic Index:38.02, Glycemic Load:25.75, Inflammation Score:-4, Nutrition Score:6.649565162866%

## Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 262.16kcal (13.11%), Fat: 10.48g (16.12%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 36.61g (13.31%), Sugar: 18.32g (20.36%), Cholesterol: 16.08mg (5.36%), Sodium: 270.5mg (11.76%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.48g (8.97%), Manganese: 0.31mg (15.26%), Selenium: 10µg (14.28%), Vitamin B1: 0.21mg (14.27%), Folate: 49.75µg (12.44%), Vitamin B2: 0.21mg (12.36%), Phosphorus: 88.29mg (8.83%), Calcium: 83.63mg (8.36%), Vitamin B3: 1.63mg (8.16%), Vitamin E: 1.22mg (8.11%), Iron: 1.46mg (8.09%), Vitamin A: 394.39IU (7.89%), Fiber: 1.68g (6.74%), Magnesium: 19.09mg (4.77%), Copper: 0.08mg (3.97%), Vitamin C: 2.64mg (3.2%), Potassium: 103.74mg (2.96%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.15µg (2.53%), Vitamin B6: 0.04mg (1.99%), Vitamin D: 0.3µg (1.98%)