



Sister Schubert's® Berry Cream Cheese Coffee Cake

READY IN



55 min.

SERVINGS



10

CALORIES



87 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup poached berries fresh
- 2 tablespoons butter melted
- 1 tablespoon cornstarch
- 1 large eggs
- 0.3 cup favorite flavor pie filling mixed canned
- 0.3 cup sugar
- 0.3 teaspoon vanilla extract pure
- 1 package sister schubert parker yeast rolls house style

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- hand mixer
- aluminum foil
- serrated knife

Directions

- Preheat oven to 325 degrees F. Lightly mist bottom and sides of a 9-inch spring form pan with cooking spray.
- Remove rolls from pan, keeping all intact. Thaw for 7 minutes at room temperature. Using a serrated knife, slice a 1/3 inch horizontal layer from bottom.
- Transfer this to a mixing bowl and crumble with hands.
- Slice remaining layer into twelve even wedges. Set ten wedges aside for top of cake. Crumble two remaining wedges and add to bowl of crumbs; add butter and blend. Press crumb mixture into bottom of prepared pan in an even layer.
- In a bowl, beat together cream cheese and sugar with a hand mixer until smooth.
- Add cornstarch and mix to incorporate.
- Add egg and vanilla and mix until just blended.
- Spread half of cream cheese mixture over crust into an even layer.
- Place spoonfuls of fruit filling over cream cheese layer. Gently press ten wedges into fruit and cream layer, leaving space into between each wedge.
- Pour remaining cream cheese mixture over wedges and spread evenly.
- Bake 30 minutes (cover with aluminum foil if cake begins to brown). Cool 10 minutes. Release cake from pan and cool 20 to 30 minutes.
- Garnish with berries, slice and serve.

Nutrition Facts

PROTEIN 4.79% FAT 44.3% CARBS 50.91%

Properties

Glycemic Index:12.01, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:1.1952173858881%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 87.48kcal (4.37%), Fat: 4.37g (6.72%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 10.92g (3.97%), Sugar: 7.34g (8.16%), Cholesterol: 24.62mg (8.21%), Sodium: 50.04mg (2.18%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.06g (2.12%), Selenium: 2µg (2.86%), Vitamin B2: 0.04mg (2.26%), Manganese: 0.04mg (2.04%), Vitamin A: 100.6IU (2.01%), Vitamin K: 1.92µg (1.83%), Folate: 7.18µg (1.79%), Phosphorus: 15.9mg (1.59%), Iron: 0.27mg (1.48%), Fiber: 0.37g (1.47%), Vitamin B1: 0.02mg (1.42%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.14%), Vitamin B3: 0.21mg (1.05%)