



## Sour Cream-Peach Coffee Cake

 Gluten Free

READY IN



55 min.

SERVINGS



9

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup milk
- 3 tablespoons sugar
- 3 tablespoons butter melted
- 15.3 ounces peaches peeled drained sliced canned
- 0.3 cup sugar
- 0.5 teaspoon ground cinnamon
- 0.7 cup cream sour
- 1 eggs

- 1 serving garnish: whipped cream sweetened
- 2.3 cups frangelico

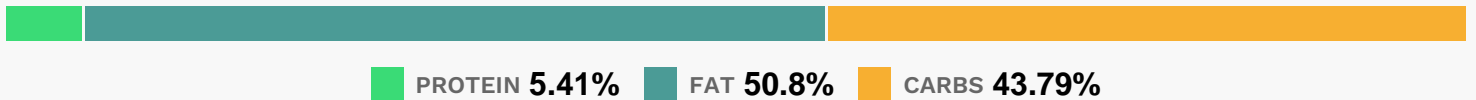
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 375°F. Stir together Bisquick mix, milk, 3 tablespoons sugar and the butter in medium bowl.
- Spread in ungreased square pan, 9x9x2 inches. Arrange peach slices on top.
- Mix 1/4 cup sugar and the cinnamon; sprinkle over peaches.
- Mix sour cream and egg; drizzle over top.
- Bake 35 to 40 minutes or until toothpick inserted in cake comes out clean.
- Serve warm with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:30.94, Glycemic Load:8.62, Inflammation Score:-4, Nutrition Score:2.9621739076531%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 141.36kcal (7.07%), Fat: 8.27g (12.72%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.26g (5.55%), Sugar: 14.87g (16.53%), Cholesterol: 30.37mg (10.12%), Sodium: 67.79mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 482.92IU (9.66%), Vitamin B2: 0.09mg (5.21%), Selenium: 3.47µg (4.95%), Phosphorus: 48.63mg (4.86%), Calcium: 41.82mg (4.18%), Vitamin E: 0.63mg (4.17%), Potassium: 110.59mg (3.16%), Fiber: 0.78g (3.12%), Vitamin B12: 0.16µg (2.65%), Manganese: 0.05mg (2.64%), Vitamin B5: 0.26mg (2.63%), Vitamin C: 2.14mg (2.59%), Copper: 0.05mg (2.27%), Vitamin B3: 0.42mg (2.12%), Magnesium: 8.04mg (2.01%), Zinc: 0.29mg (1.94%), Vitamin B6: 0.04mg (1.82%), Vitamin K: 1.8µg (1.71%), Vitamin B1: 0.03mg (1.68%), Vitamin D: 0.25µg (1.66%), Folate: 6.28µg (1.57%), Iron: 0.28mg (1.53%)