



Spiced Applesauce Coffee Cake

READY IN



400 min.

SERVINGS



10

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup baking mix (recommended: Bisquick)
- 2 tablespoons brown sugar
- 1 tablespoon butter melted
- 0.8 cup cinnamon applesauce
- 0.3 cup pasteurized packaged egg whites
- 0.7 ounce spiced cider drink mix (recommended: Alpine)
- 16 ounce pound cake mix (recommended: Betty Crocker)
- 1 teaspoon pumpkin pie spice

- 0.8 cup walnuts chopped
- 10 servings non-dairy whipped topping with vanilla extract, for serving flavored

Equipment

- bowl
- paper towels
- wire rack
- hand mixer
- aluminum foil
- slow cooker
- butter knife

Directions

- Lightly spray a 6-cup souffle dish with butter-flavored cooking spray and set aside. Make a foil ring 1/2-inch thick for souffle dish to sit on and place inside the bottom of a 5-quart slow cooker.
- In a large bowl, combine cake mix, applesauce, eggs, pumpkin pie spice, and almond extract. Using an electric mixer beat on low speed for 30 seconds. Scrape down sides of bowl and beat for 1 minute on medium speed.
- Pour into souffle dish and set aside.
- In a medium bowl, stir together baking mix, brown sugar, walnuts, cider mix, and melted butter.
- Sprinkle over cake batter. Use a butter knife to cut through cake and topping several times to swirl.
- Place souffle dish on top of foil ring in slow cooker.
- Place 5 folded paper towels over slow cooker bowl and secure with lid. Cook on LOW setting for 4 to 6 hours or until tester comes out clean. Do not lift lid to check cake for the first 3 hours.
- Cool in souffle dish on wire rack for 15 to 20 minutes before removing and slicing.
- Serve with whipped topping.

Nutrition Facts

PROTEIN 7.87% FAT 26.84% CARBS 65.29%

Properties

Glycemic Index:7.5, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:13.278695687004%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg

Nutrients (% of daily need)

Calories: 282.09kcal (14.1%), Fat: 9g (13.85%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 38.94g (14.16%), Sugar: 21.16g (23.51%), Cholesterol: 49.84mg (16.61%), Sodium: 354.65mg (15.42%), Alcohol: 0.41g (100%), Alcohol %: 0.58% (100%), Protein: 5.94g (11.88%), Manganese: 3.55mg (177.3%), Fiber: 10.33g (41.33%), Calcium: 234.16mg (23.42%), Iron: 3.13mg (17.38%), Phosphorus: 130.88mg (13.09%), Vitamin B2: 0.21mg (12.49%), Copper: 0.24mg (12.07%), Vitamin B1: 0.17mg (11.51%), Selenium: 7.36µg (10.51%), Folate: 36.14µg (9.03%), Magnesium: 33.75mg (8.44%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 6.33µg (6.03%), Zinc: 0.88mg (5.84%), Potassium: 200.71mg (5.73%), Vitamin B6: 0.11mg (5.61%), Vitamin E: 0.63mg (4.2%), Vitamin B5: 0.39mg (3.9%), Vitamin A: 164.28IU (3.29%), Vitamin B12: 0.15µg (2.45%), Vitamin C: 0.9mg (1.1%)