



Strawberries and Cream Coffee Cake with Vanilla Cream Cheese Glaze

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



458 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter room temperature
- ☐ 0.3 cup buttermilk
- ☐ 0.7 cup confectioners sugar sifted
- ☐ 0.3 cup cream cheese room temperature
- ☐ 2 eggs

- ☐ 1.3 cup flour
- ☐ 3 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour (or vanilla yogurt)
- ☐ 1.3 cup strawberries sliced
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

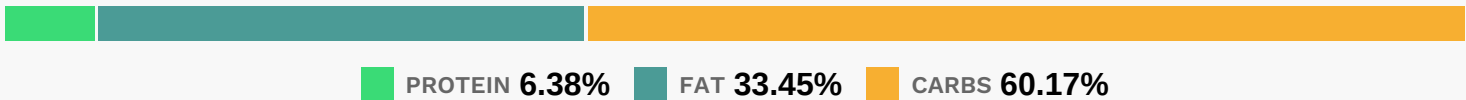
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Mix the flour, baking soda, baking powder and salt in a bowl and set aside.Cream the butter and sugar, mix in the eggs one at a time followed by the sour cream, buttermilk and vanilla.
- ☐ Mix the dry mixture into the wet followed by the strawberries.
- ☐ Pour the mixture into a greased 9 inch spring form pan or an 8 inch square pan and sprinkle on the turbinado sugar.
- ☐ Bake in a preheated 375F oven until a toothpick pushed into the center comes out clean, about 30-40 minutes.
- ☐ Mix the cream cheese, confectioners sugar, vanilla and milk until smooth and drizzle on cake.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:32.14, Inflammation Score:-5, Nutrition Score:9.7091304737589%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 7.95mg, Pelargonidin: 7.95mg, Pelargonidin: 7.95mg, Pelargonidin: 7.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 458.4kcal (22.92%), Fat: 17.23g (26.5%), Saturated Fat: 10.03g (62.69%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 68.33g (24.85%), Sugar: 47.1g (52.33%), Cholesterol: 97.43mg (32.48%), Sodium: 393.37mg (17.1%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 7.39g (14.78%), Selenium: 16.99µg (24.27%), Vitamin C: 18.98mg (23.01%), Vitamin B2: 0.32mg (18.86%), Folate: 69.67µg (17.42%), Vitamin B1: 0.25mg (16.85%), Manganese: 0.33mg (16.3%), Phosphorus: 134.28mg (13.43%), Vitamin A: 604.99IU (12.1%), Calcium: 109.19mg (10.92%), Iron: 1.79mg (9.95%), Vitamin B3: 1.83mg (9.16%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.37µg (6.24%), Fiber: 1.39g (5.56%), Potassium: 191.58mg (5.47%), Zinc: 0.75mg (4.98%), Magnesium: 18.88mg (4.72%), Vitamin E: 0.68mg (4.53%), Vitamin B6: 0.08mg (3.86%), Copper: 0.08mg (3.85%), Vitamin D: 0.51µg (3.37%), Vitamin K: 2.05µg (1.95%)