



## Streusel Apple Coffeecake

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



657 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup butter room temperature
- ☐ 3 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 2 granny smith apples diced cored peeled finely
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups brown sugar light packed

- ☐ 16 ounces yogurt plain low-fat
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1.5 cups sugar white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhkopf pan

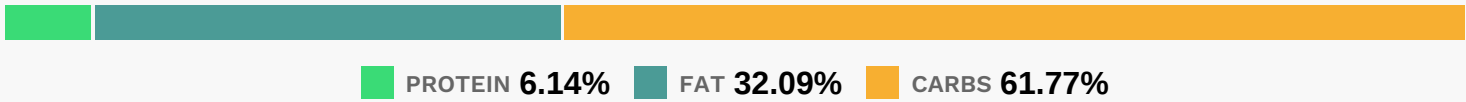
## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a Bundt cake pan.
- ☐ To make streusel: In a medium bowl, mix brown sugar, 3/4 cup flour, and cinnamon.
- ☐ Cut in the butter with a fork until crumbly. Stir in walnuts.
- ☐ In a medium bowl, stir together 3 1/4 cups flour, baking powder, and baking soda. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, mixing well after each. Then stir in the vanilla and yogurt. Gently stir in the flour mixture just until blended.
- ☐ Pour 3 cups of the batter into the Bundt pan, sprinkle with 1/4 of the streusel, and layer with apples.
- ☐ Sprinkle with 1/2 the remaining streusel.
- ☐ Pour in the remaining batter, and top with the remaining 1/4 streusel. Lightly pat the top layer of streusel so it sticks to the cake batter.
- ☐ Bake 50 to 60 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack 15 minutes.
- ☐ Place cookie sheet over pan and carefully invert both.

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Remove Bundt pan, and let the cake cool completely.

# Nutrition Facts



## Properties

Glycemic Index:34.41, Glycemic Load:45.03, Inflammation Score:-6, Nutrition Score:13.477825983711%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 657.35kcal (32.87%), Fat: 23.96g (36.85%), Saturated Fat: 10.41g (65.06%), Carbohydrates: 103.77g (34.59%), Net Carbohydrates: 100.8g (36.65%), Sugar: 69.51g (77.24%), Cholesterol: 88.43mg (29.48%), Sodium: 316.71mg (13.77%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 10.31g (20.63%), Manganese: 0.79mg (39.44%), Selenium: 20.65µg (29.51%), Vitamin B1: 0.39mg (26.08%), Folate: 98.96µg (24.74%), Vitamin B2: 0.4mg (23.38%), Phosphorus: 198.67mg (19.87%), Calcium: 181.27mg (18.13%), Iron: 2.89mg (16.05%), Copper: 0.29mg (14.47%), Vitamin B3: 2.68mg (13.38%), Fiber: 2.97g (11.87%), Vitamin A: 543.04IU (10.86%), Magnesium: 42.35mg (10.59%), Potassium: 309.97mg (8.86%), Zinc: 1.27mg (8.47%), Vitamin B5: 0.8mg (8.01%), Vitamin B6: 0.16mg (7.76%), Vitamin B12: 0.4µg (6.67%), Vitamin E: 0.73mg (4.86%), Vitamin C: 2.2mg (2.67%), Vitamin K: 2.69µg (2.56%), Vitamin D: 0.26µg (1.76%)