



Triple-Berry Coffee Cake (White Whole Wheat Flour)

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup buttermilk
- ☐ 1 eggs
- ☐ 1 cup flour whole wheat white
- ☐ 0.3 cup cereal crushed

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup berries mixed (such as blueberries, raspberries and blackberries)
- ☐ 8 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

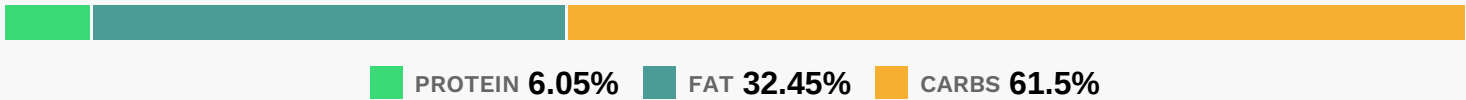
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Heat oven to 350F. Spray 8-inch round cake pan with cooking spray.
- ☐ In large bowl, stir buttermilk, brown sugar, oil, almond extract and egg until smooth. Stir in flour, baking soda, cinnamon and salt just until moistened. Gently fold in half of the berries. Spoon into pan.
- ☐ Sprinkle with remaining berries and the granola.
- ☐ Bake 28 to 36 minutes or until golden brown and top springs back when touched in center. Cool in pan on cooling rack 10 minutes; sprinkle lightly with powdered sugar.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:3.6156521309977%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 240.45kcal (12.02%), Fat: 8.9g (13.69%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 35.58g (12.94%), Sugar: 24.4g (27.11%), Cholesterol: 22.11mg (7.37%), Sodium: 242.83mg (10.56%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 3.73g (7.46%), Vitamin K: 16.01µg (15.25%), Fiber: 2.35g (9.42%), Manganese: 0.19mg (9.36%), Vitamin E: 0.87mg (5.81%), Calcium: 49.3mg (4.93%), Selenium: 3.14µg (4.49%), Iron: 0.78mg (4.33%), Vitamin B2: 0.07mg (3.94%), Phosphorus: 37.72mg (3.77%), Potassium: 89.89mg (2.57%), Vitamin B5: 0.21mg (2.06%), Vitamin D: 0.31µg (2.03%), Magnesium: 8.05mg (2.01%), Vitamin B12: 0.12µg (2.01%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.83%), Copper: 0.03mg (1.68%), Folate: 6.14µg (1.54%), Zinc: 0.23mg (1.52%), Vitamin A: 64.1IU (1.28%)