



Tropical Yogurt Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 6 ounces yogurt yoplait®
- 0.5 cup vegetable oil
- 2 eggs beaten

- 8 ounces fruit drained well canned
- 2 tablespoons flour all-purpose
- 2 tablespoons powdered sugar

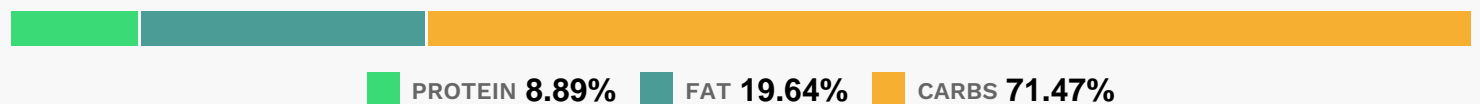
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350° F. Spray bottom only of 8-inch square pan with cooking spray. In large bowl, mix 1 1/2 cups flour, the 1/2 cup sugar, baking powder, baking soda and salt. Stir in yogurt, oil and eggs just until flour is moistened. Chop fruit salad.
- Sprinkle 2 tablespoons flour over fruit mix. Stir fruit into batter.
- Pour into pan.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool on wire rack 10 minutes.
- Sprinkle powdered sugar over warm coffee cake.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.79, Glycemic Load:20.46, Inflammation Score:-3, Nutrition Score:5.3699999814448%

Nutrients (% of daily need)

Calories: 193.12kcal (9.66%), Fat: 4.25g (6.53%), Saturated Fat: 1.1g (6.93%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 33.76g (12.28%), Sugar: 16.64g (18.49%), Cholesterol: 38.83mg (12.94%), Sodium: 261.54mg (11.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.19mg (12.6%), Folate: 47.6µg (11.9%), Vitamin B2: 0.19mg (11.25%), Manganese: 0.16mg (8.23%), Iron: 1.36mg (7.55%), Phosphorus: 74.38mg (7.44%), Vitamin B3: 1.45mg (7.24%), Calcium: 59.3mg (5.93%), Vitamin K: 5.75µg (5.47%), Fiber: 1.01g (4.05%), Vitamin B5: 0.33mg (3.32%), Copper: 0.06mg (3.05%), Vitamin A: 147.61IU (2.95%), Zinc: 0.42mg (2.8%), Vitamin B12: 0.16µg (2.62%), Potassium: 89.66mg (2.56%), Magnesium: 9.77mg (2.44%), Vitamin E: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.83%), Vitamin D: 0.21µg (1.43%)