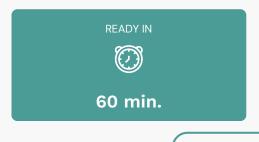
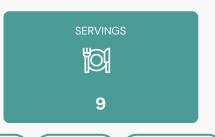


Tropical Yogurt Coffee Cake

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

1 teaspoon double-acting baking powder
O.5 teaspoon baking soda
2 eggs beaten
1.5 cups flour all-purpose
2 tablespoons flour all-purpose
8 ounces fruit drained well canned
0.5 cup granulated sugar

2 tablespoons powdered sugar

	0.5 teaspoon sait	
	0.5 cup vegetable oil	
	6 ounces yogurt yoplait®	
Eq	uipment	
	bowl	
	frying pan	
	oven	
	wire rack	
	toothpicks	
Di	rections	
	Heat oven to 350 F. Spray bottom only of 8-inch square pan with cooking spray. In large bowl, mix 11/2 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		
	PROTEIN 8.89% FAT 19.64% CARBS 71.47%	
Properties		
	emic 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: 1.11g (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 %: O% (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: 147.61lU (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%)