



WHATSheATE



Whole Wheat Berry Coffee Cake



Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1 cup flour whole wheat
- ☐ 0.3 cup cereal low-fat crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 cup berries mixed (such as blueberries, raspberries and blackberries)

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil

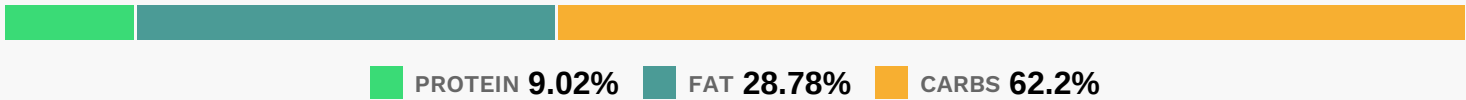
Equipment

- ☐ 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 together buttermilk, brown sugar, oil, vanilla 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 33 minutes or until golden brown and top springs back when touched in center. Cool in pan on cooling rack 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.4278260132541%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, 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, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

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: 159.19kcal (7.96%), Fat: 5.27g (8.11%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 23.24g (8.45%), Sugar: 12.17g (13.53%), Cholesterol: 21.06mg (7.02%), Sodium: 139.12mg (6.05%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.72g (7.43%), Manganese: 0.77mg (38.57%), Selenium: 12.05µg (17.22%), Fiber: 2.39g (9.57%), Vitamin K: 9.95µg (9.48%), Phosphorus: 91.61mg (9.16%), Magnesium: 28.26mg (7.06%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.09mg (5.15%), Iron: 0.92mg (5.12%), Vitamin B6: 0.1mg (4.78%), Vitamin E: 0.69mg (4.62%), Vitamin B3: 0.91mg (4.54%), Copper: 0.09mg (4.48%), Zinc: 0.62mg (4.13%), Calcium: 39.35mg (3.93%), Potassium: 123.42mg (3.53%), Folate: 12.69µg (3.17%), Vitamin B5: 0.27mg (2.75%), Vitamin B12: 0.08µg (1.41%)