



Apple Cinnamon Coffee Cake

READY IN



75 min.

SERVINGS



12

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 15.3 oz corn muffin mix
- ☐ 2 eggs
- ☐ 0.3 cup rolled oats
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons walnut pieces chopped
- ☐ 0.8 cup water

☐ 1 teaspoon water

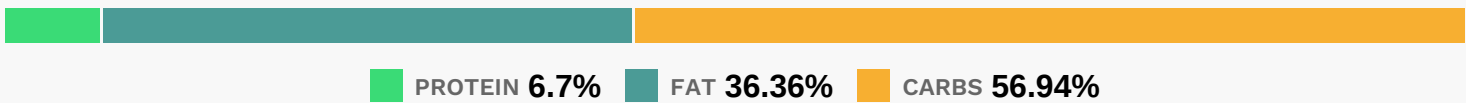
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 400F. Spray bottom only of 9-inch round cake pan with cooking spray. In small bowl, mix all streusel ingredients except butter.
- ☐ Cut in butter with fork until mixture is crumbly; set aside.
- ☐ In medium bowl, stir muffin mix, water, oil and eggs just until blended (batter may be lumpy).
- ☐ Spread in pan.
- ☐ Sprinkle with streusel.
- ☐ Bake 24 to 28 minutes or until toothpick inserted in center comes out clean. Cool 30 minutes.
- ☐ In small bowl, mix glaze ingredients until smooth; drizzle over coffee cake.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:5.5447826259162%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 234.42kcal (11.72%), Fat: 9.52g (14.64%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 30.91g (11.24%), Sugar: 14.33g (15.92%), Cholesterol: 30.51mg (10.17%), Sodium: 315.45mg

(13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Phosphorus: 204.43mg (20.44%), Manganese: 0.24mg (11.86%), Vitamin B1: 0.17mg (11.39%), Fiber: 2.63g (10.53%), Folate: 39.32µg (9.83%), Vitamin B2: 0.14mg (8.11%), Selenium: 4.93µg (7.04%), Iron: 1.19mg (6.59%), Vitamin B3: 1.26mg (6.28%), Vitamin K: 6.16µg (5.86%), Magnesium: 15.11mg (3.78%), Copper: 0.07mg (3.69%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.32mg (3.22%), Calcium: 31.79mg (3.18%), Zinc: 0.42mg (2.79%), Vitamin E: 0.37mg (2.44%), Vitamin A: 110.66IU (2.21%), Potassium: 70.86mg (2.02%), Vitamin B12: 0.1µg (1.66%)