



Apple-Pecan Coffee Cake

READY IN



55 min.

SERVINGS



12

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup pecans coarsely chopped
- 0.3 cup butter firm
- 3 tablespoons brown sugar packed
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup all-bran cereal
- 1 cup milk
- 1.8 cups flour all-purpose
- 0.7 cup granulated sugar

- 0.3 cup vegetable oil
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 4 egg whites
- 1 medium apples all-purpose peeled chopped (Gala, Haralson, McIntosh)

Equipment

- food processor
- bowl
- frying pan
- oven
- toothpicks
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 375°F. Grease bottom and sides of 9-inch square pan with shortening and lightly flour, or spray with baking spray with flour. In small bowl, mix streusel ingredients; set aside.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor). In large bowl, stir together cereal and milk; let stand 5 minutes. Stir in remaining coffee cake ingredients except apple; beat 30 seconds with spoon. Gently stir in apple.
- Spread half the batter in pan; sprinkle streusel on top. Spoon remaining batter over streusel; spread to cover.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- Serve warm.

Nutrition Facts



■ PROTEIN 7.02% ■ FAT 40.78% ■ CARBS 52.2%

Properties

Glycemic Index:36.81, Glycemic Load:20.73, Inflammation Score:-6, Nutrition Score:12.288695677467%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 270.02kcal (13.5%), Fat: 12.79g (19.68%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 33.96g (12.35%), Sugar: 17.67g (19.63%), Cholesterol: 2.44mg (0.81%), Sodium: 286.65mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Manganese: 0.74mg (37.23%), Vitamin B6: 0.66mg (32.95%), Folate: 105.27µg (26.32%), Vitamin B1: 0.31mg (21%), Vitamin B2: 0.32mg (18.94%), Vitamin B12: 1.09µg (18.25%), Phosphorus: 139.91mg (13.99%), Selenium: 9.76µg (13.94%), Iron: 2.1mg (11.67%), Calcium: 116.49mg (11.65%), Fiber: 2.89g (11.54%), Vitamin B3: 2.02mg (10.1%), Vitamin K: 9.26µg (8.82%), Magnesium: 33.52mg (8.38%), Copper: 0.15mg (7.28%), Zinc: 1.08mg (7.19%), Vitamin A: 303.34IU (6.07%), Potassium: 161.97mg (4.63%), Vitamin E: 0.69mg (4.63%), Vitamin D: 0.45µg (2.97%), Vitamin B5: 0.29mg (2.92%), Vitamin C: 1.79mg (2.17%)