



## Awesome Apple Butter Breakfast Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



347 kcal

DESSERT

### Ingredients

- 2 cups musselman's® apple butter
- 2.3 cups baking mix bisquick® (like )
- 2 tablespoons butter melted
- 1 large eggs
- 0.8 cup milk
- 0.3 cup pecans chopped
- 0.3 cup sugar
- 0.3 cup coconut or sweetened flaked

# Equipment

- bowl
- oven
- baking pan

# Directions

- In bowl, stir together baking mix, milk, sugar, egg and 2 tablespoons melted butter.
- Pour 2/3 of the batter into an 8x8-inch baking dish coated with non-stick cooking spray. Cover with MUSSELMAN'S Apple Butter. Drop remaining batter by spoonfuls on cake.
- Combine last four ingredients and sprinkle on top.
- Bake at 350 degrees F for 1 hour until cake tester inserted in center of cake comes out clean.

# Nutrition Facts



# Properties

Glycemic Index:18.68, Glycemic Load:5.55, Inflammation Score:-2, Nutrition Score:7.3934783676396%

# Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

# Nutrients (% of daily need)

Calories: 347.48kcal (17.37%), Fat: 12.06g (18.55%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 53.9g (19.6%), Sugar: 35.31g (39.24%), Cholesterol: 30.4mg (10.13%), Sodium: 436.87mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Manganese: 0.5mg (24.86%), Phosphorus: 226.1mg (22.61%), Vitamin B1: 0.22mg (14.44%), Vitamin B2: 0.2mg (12.01%), Folate: 41.73µg (10.43%), Calcium: 94.33mg (9.43%), Fiber: 2.23g (8.93%), Copper: 0.15mg (7.72%), Selenium: 5.31µg (7.59%), Vitamin B3: 1.5mg (7.51%), Iron: 1.27mg (7.04%), Vitamin B5: 0.5mg (4.96%), Potassium: 171.39mg (4.9%), Magnesium: 19.22mg (4.8%), Vitamin B12: 0.28µg (4.69%), Vitamin B6: 0.08mg (3.83%), Zinc: 0.56mg (3.76%), Vitamin A: 157.73IU

(3.15%), Vitamin K: 2.94 $\mu$ g (2.8%), Vitamin D: 0.33 $\mu$ g (2.23%), Vitamin E: 0.26mg (1.75%)