



Banana Nut and Dulce de Leche Coffee Cake

 Vegetarian

READY IN



74 min.

SERVINGS



16

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 0.3 cup brown sugar light packed
- ☐ 13.4 ounce dulce de leche with nestlé)* canned
- ☐ 2 large eggs
- ☐ 2.8 cups flour all-purpose divided
- ☐ 1 cup granulated sugar

- ☐ 1 cup pecans
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 1 cup butter unsalted cold divided cut into pieces and
- ☐ 1 tablespoon vanilla extract

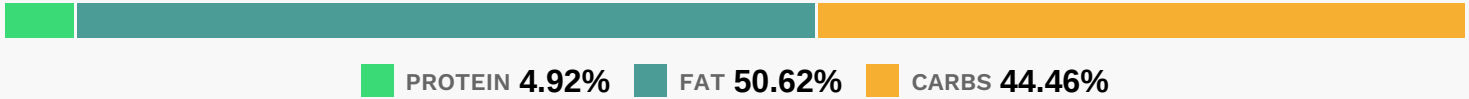
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ microwave

Directions

- ☐ Combine 2 1/4 cups flour and next 4 ingredients in a large bowl.
- ☐ Cut 3/4 cup butter into flour mixture with a pastry blender until crumbly.
- ☐ Whisk together eggs and next 3 ingredients; add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Spread batter into a greased 13" x 9" pan.
- ☐ Combine remaining 1/2 cup flour and brown sugar in a small bowl.
- ☐ Cut remaining 1/4 cup butter into flour mixture with pastry blender.
- ☐ Add pecans, pressing streusel mixture between fingers until large clumps form.
- ☐ Sprinkle streusel over batter in pan.
- ☐ Microwave dulce de leche in a small glass bowl on HIGH 1 minute or until drizzling consistency, stirring once; drizzle over streusel topping.
- ☐ Bake at 350 for 35 to 38 minutes or until streusel topping begins to brown and center of cake puffs slightly. Cool slightly.
- ☐ *Find dulce de leche in the ethnic section or on the baking aisle of your grocery store.

Nutrition Facts



Properties

Glycemic Index:21.49, Glycemic Load:22.27, Inflammation Score:-4, Nutrition Score:6.8130435477132%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 326.41kcal (16.32%), Fat: 18.7g (28.77%), Saturated Fat: 8.68g (54.25%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 35.36g (12.86%), Sugar: 18.23g (20.26%), Cholesterol: 57.99mg (19.33%), Sodium: 161.02mg (7%), Alcohol: 0.28g (100%), Alcohol %: 0.32% (100%), Protein: 4.09g (8.17%), Manganese: 0.5mg (24.95%), Vitamin B1: 0.22mg (14.85%), Selenium: 10.13µg (14.47%), Folate: 47.46µg (11.86%), Vitamin B2: 0.17mg (10.23%), Vitamin A: 445.89IU (8.92%), Iron: 1.4mg (7.76%), Phosphorus: 74.81mg (7.48%), Vitamin B3: 1.47mg (7.33%), Copper: 0.13mg (6.74%), Fiber: 1.6g (6.4%), Calcium: 48.01mg (4.8%), Magnesium: 19.03mg (4.76%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.6mg (4%), Potassium: 128.39mg (3.67%), Vitamin E: 0.54mg (3.63%), Vitamin B5: 0.34mg (3.4%), Vitamin D: 0.34µg (2.25%), Vitamin C: 1.36mg (1.65%), Vitamin B12: 0.09µg (1.58%), Vitamin K: 1.49µg (1.42%)