



Banana Streusel Coffee Cake

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

596 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups bananas ripe mashed
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup pecans chopped
- ☐ 1.5 cups powdered sugar sifted

- ☐ 0.1 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoons water

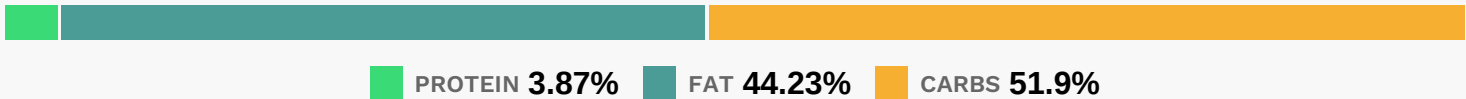
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1 1/2 cups sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in banana and vanilla.
- ☐ Combine flour and next 3 ingredients; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- ☐ Combine pecans, 2 tablespoons sugar, and cinnamon.
- ☐ Pour half of batter into a greased and floured 12-cup Bundt pan; sprinkle with pecan mixture.
- ☐ Pour remaining batter over pecan layer.
- ☐ Bake at 350 for 50 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool on wire rack.
- ☐ Combine powdered sugar and water, stirring until smooth. Spoon glaze over cooled cake.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:40.55, Inflammation Score:-7, Nutrition Score:9.7843477000361%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg 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: 595.81kcal (29.79%), Fat: 29.96g (46.09%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 79.1g (26.37%), Net Carbohydrates: 76.93g (27.97%), Sugar: 53.65g (59.61%), Cholesterol: 50.58mg (16.86%), Sodium: 384.26mg (16.71%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 5.9g (11.8%), Manganese: 0.66mg (32.85%), Vitamin A: 1025.24IU (20.5%), Selenium: 14.26µg (20.38%), Vitamin B1: 0.29mg (19.46%), Folate: 63.57µg (15.89%), Vitamin B2: 0.27mg (15.67%), Phosphorus: 112.98mg (11.3%), Iron: 1.87mg (10.36%), Vitamin B3: 1.93mg (9.64%), Fiber: 2.17g (8.69%), Copper: 0.17mg (8.51%), Calcium: 84.13mg (8.41%), Vitamin E: 1.05mg (7.01%), Vitamin B6: 0.13mg (6.59%), Magnesium: 25.97mg (6.49%), Potassium: 189.48mg (5.41%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.16µg (2.66%), Vitamin C: 2.09mg (2.53%), Vitamin D: 0.2µg (1.33%)