



Ben Lippen School Coffee Cake (Mrs. Hathaway's)



Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.7 cup milk
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 5 tablespoons sugar white

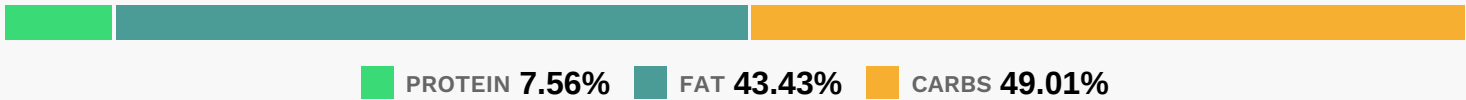
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, cream together 1/4 cup butter and 1/3 cup of sugar until smooth. Beat in egg and vanilla until well blended.
- ☐ Combine 1 1/2 cups of flour, salt and baking powder; stir into the creamed mixture alternately with the milk.
- ☐ Spread evenly in a 9x9 inch baking pan.
- ☐ In a small bowl, stir together 2 tablespoons flour, 5 tablespoons sugar, and cinnamon.
- ☐ Add 2 tablespoons of butter, and pinch into the dry mixture using your fingers until the mixture is crumbly.
- ☐ Sprinkle over the top of the cake.
- ☐ Bake for 25 minutes in the preheated oven, until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:6.12, Inflammation Score:-1, Nutrition Score:1.8026087093774%

Nutrients (% of daily need)

Calories: 73.26kcal (3.66%), Fat: 3.61g (5.55%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.58g (8.42%), Cholesterol: 27.04mg (9.01%), Sodium: 192.76mg (8.38%), Alcohol: 0.08g (100%), Alcohol %: 0.27% (100%), Protein: 1.41g (2.82%), Calcium: 79.44mg (7.94%), Phosphorus: 50.04mg (5%), Selenium: 2.49µg (3.55%), Vitamin B2: 0.06mg (3.42%), Vitamin A: 133.75IU (2.68%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (1.98%), Manganese: 0.03mg (1.7%), Vitamin B1: 0.03mg (1.69%), Vitamin B5: 0.15mg (1.54%), Iron: 0.27mg (1.53%), Folate: 5.45µg (1.36%), Potassium: 37.52mg (1.07%), Zinc: 0.15mg (1.03%), Vitamin B6: 0.02mg (1.02%)