



Bisquick® Velvet Crumb Cake

READY IN



60 min.

SERVINGS



8

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 3 tablespoons butter softened
- 0.5 cup coconut flakes flaked
- 1 eggs
- 0.5 cup granulated sugar
- 2 tablespoons milk
- 0.3 cup nuts chopped
- 2 tablespoons shortening
- 1 teaspoon vanilla

1.5 cups baking mix original bisquick®

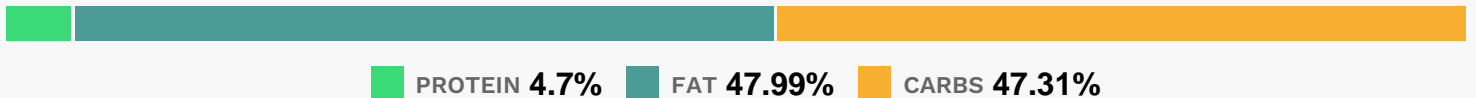
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease and flour 9-inch round cake pan or 8-inch square pan. In large bowl, beat Bisquick mix, granulated sugar, 1/2 cup milk, shortening, vanilla and egg with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean; cool slightly.
- In small bowl, mix coconut, brown sugar, nuts, butter and 2 tablespoons milk.
- Spread topping over cake. Set oven control to broil. Broil about 3 inches from heat about 3 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:9.01, Inflammation Score:-3, Nutrition Score:5.8656521653352%

Nutrients (% of daily need)

Calories: 318.64kcal (15.93%), Fat: 17.32g (26.64%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 36.66g (13.33%), Sugar: 24.64g (27.38%), Cholesterol: 21.36mg (7.12%), Sodium: 351.21mg (15.27%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.82g (7.64%), Phosphorus: 178.43mg (17.84%), Manganese: 0.32mg (15.93%), Vitamin B1: 0.15mg (9.81%), Vitamin B2: 0.15mg (8.69%), Folate: 33.58µg (8.4%),

Copper: 0.14mg (7.2%), Fiber: 1.74g (6.97%), Selenium: 4.62µg (6.59%), Vitamin B3: 1.29mg (6.43%), Iron: 1.14mg (6.31%), Calcium: 61.89mg (6.19%), Magnesium: 22.68mg (5.67%), Vitamin A: 225.14IU (4.5%), Vitamin B5: 0.43mg (4.32%), Potassium: 120.99mg (3.46%), Zinc: 0.5mg (3.36%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 3.21µg (3.06%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.15µg (1.01%)