



Bisquick™ Velvet Crumb Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups pancake mix
- 0.5 cup granulated sugar
- 0.5 cup water
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 1 eggs
- 0.5 cup coconut flakes flaked
- 0.3 cup brown sugar packed

- 0.3 cup nuts chopped
- 3 tablespoons butter softened
- 2 tablespoons milk

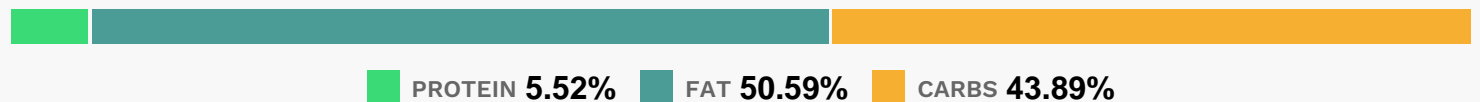
Equipment

- 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 Cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 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 Topping ingredients.
- Spread topping over cake. Set oven control to broil. Broil about 3 inches from heat 2 to 4 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:9.01, Inflammation Score:-2, Nutrition Score:5.0095652212267%

Nutrients (% of daily need)

Calories: 277.14kcal (13.86%), Fat: 15.96g (24.56%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 29.43g (10.7%), Sugar: 22.02g (24.47%), Cholesterol: 49.5mg (16.5%), Sodium: 172.07mg

(7.48%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 3.92g (7.83%), Manganese: 0.28mg (13.82%), Phosphorus: 123.15mg (12.31%), Selenium: 5.37µg (7.67%), Calcium: 74.12mg (7.41%), Vitamin B2: 0.13mg (7.36%), Fiber: 1.73g (6.94%), Vitamin K: 6.66µg (6.35%), Copper: 0.12mg (6.16%), Magnesium: 22.52mg (5.63%), Iron: 0.83mg (4.61%), Vitamin A: 228.59IU (4.57%), Vitamin B1: 0.07mg (4.39%), Potassium: 131.87mg (3.77%), Zinc: 0.56mg (3.72%), Folate: 14.34µg (3.58%), Vitamin B6: 0.07mg (3.53%), Vitamin B5: 0.34mg (3.36%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.57mg (2.83%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.15µg (1.01%)