



## Brown Sugar-Banana Coffee Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 cup banana ripe mashed
- ☐ 1.8 cups brown sugar
- ☐ 0.3 lb butter at room temperature
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cream sour

☐ 1 tablespoon vanilla

## Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ blender

☐ skewers

☐ muffin liners

## Directions

☐ To make streusel mixture, in a food processor or a bowl, whirl or mix 3/4 cup flour, 3/4 cup brown sugar, and 1/4 teaspoon salt.

☐ Cut 1/4 cup butter into chunks and add to bowl; pulse mixture or cut in butter with a pastry blender until mixture resembles coarse crumbs. Set aside.

☐ In a bowl, with a mixer on high speed, beat remaining 1/4 cup butter and remaining 1 cup brown sugar until smooth. Beat in eggs and vanilla, scraping down sides of bowl as necessary, until well blended. Beat in mashed bananas.

☐ In a small bowl, stir together remaining 1 1/2 cups flour, baking powder, and remaining 1/4 teaspoon salt. Stir into banana mixture. Gently fold in sour cream until well blended.

☐ Divide batter equally among 6 jumbo (1-cup capacity) or 18 regular (1/3-cup capacity) buttered and floured muffin cups, filling each halfway.

☐ Sprinkle streusel evenly over tops of cakes (crumble the streusel first if it sticks together).

☐ Bake in a 350 regular or convection oven until streusel is browned and a wooden skewer inserted into the center of a cake comes out with moist crumbs attached, 18 to 25 minutes. Cool 5 minutes in cups, then invert pan to remove.

☐ Serve warm or let cool completely.

## Nutrition Facts



 **PROTEIN 4.89%**  **FAT 28.08%**  **CARBS 67.03%**

Properties

Glycemic Index:45.3, Glycemic Load:28.28, Inflammation Score:-5, Nutrition Score:11.943913107333%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.26kcal (30.61%), Fat: 19.27g (29.65%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 103.52g (34.51%), Net Carbohydrates: 101.93g (37.06%), Sugar: 64.57g (71.74%), Cholesterol: 108.29mg (36.1%), Sodium: 785.18mg (34.14%), Alcohol: 0.75g (100%), Alcohol %: 0.54% (100%), Protein: 7.55g (15.1%), Selenium: 22.45µg (32.08%), Calcium: 319.86mg (31.99%), Vitamin B1: 0.38mg (25.44%), Folate: 97.9µg (24.47%), Manganese: 0.41mg (20.31%), Vitamin B2: 0.34mg (20.08%), Iron: 3.41mg (18.95%), Phosphorus: 188.53mg (18.85%), Vitamin B3: 2.96mg (14.8%), Vitamin A: 630.01IU (12.6%), Vitamin B5: 0.64mg (6.41%), Potassium: 223.81mg (6.39%), Fiber: 1.6g (6.39%), Vitamin B6: 0.13mg (6.31%), Copper: 0.12mg (6.16%), Magnesium: 24.14mg (6.04%), Vitamin E: 0.69mg (4.6%), Zinc: 0.63mg (4.22%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.17mg (1.42%)