



Brown Sugar-Pecan Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



436 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups firmly brown sugar light packed
- ☐ 0.8 cup butter cubed
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped

☐ 1 cup cup heavy whipping cream sour

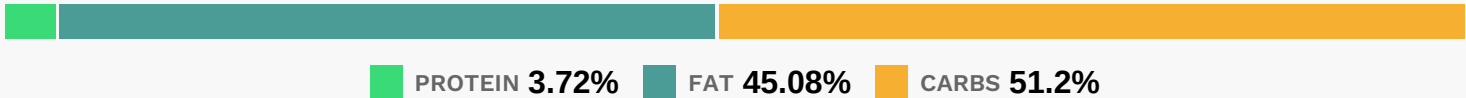
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Stir together flour and brown sugar in a large bowl.
- ☐ Cut 3/4 cup butter into flour mixture with a pastry blender or 2 forks until crumbly. Press 2 3/4 cups crumb mixture evenly on the bottom of a lightly greased 13- x 9-inch pan.
- ☐ Stir together sour cream, egg, and baking soda; add to remaining crumb mixture, stirring just until dry ingredients are moistened. Stir together granulated sugar and cinnamon.
- ☐ Pour sour cream mixture over crumb crust in pan; sprinkle evenly with cinnamon mixture and pecans.
- ☐ Bake at 350 for 25 to 30 minutes or until a wooden pick inserted into center comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:13.64, Inflammation Score:-4, Nutrition Score:7.1373913404734%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 435.53kcal (21.78%), Fat: 22.38g (34.43%), Saturated Fat: 9.95g (62.21%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 55.66g (20.24%), Sugar: 39.66g (44.07%), Cholesterol: 57.31mg (19.1%), Sodium: 205.01mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.61mg (30.34%), Vitamin B1: 0.23mg (15.32%), Selenium: 10µg (14.29%), Folate: 44.03µg (11.01%), Vitamin B2: 0.17mg (10.08%), Vitamin A: 502.03IU (10.04%), Iron: 1.56mg (8.67%), Copper: 0.16mg (8.17%), Phosphorus: 75.46mg (7.55%), Vitamin B3: 1.41mg (7.03%), Calcium: 66.71mg (6.67%), Fiber: 1.52g (6.09%), Magnesium: 21.67mg (5.42%), Zinc: 0.7mg (4.68%), Potassium: 142.19mg (4.06%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.1µg (1.69%), Vitamin K: 1.73µg (1.64%)