



Caramel Chocolate Streusel Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



461 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 14 caramels - unwrapped
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 2 tablespoons half & half
- ☐ 0.5 cup pecans cooled toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup heavy whipping cream light sour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

Equipment

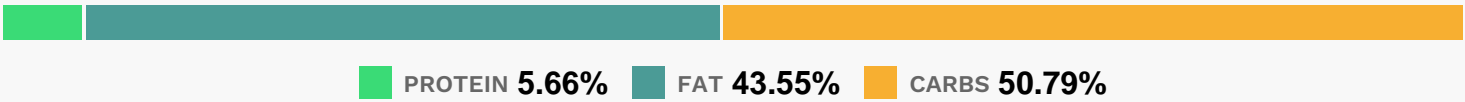
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Spray a 9 inch round springform pan with baking spray.
- ☐ Combine all streusel ingredients in small bowl; set aside. In a mixing bowl, beat butter and sugar until creamy.
- ☐ Add eggs; continue beating, scraping bowl often, until well mixed. Beat in vanilla extract. Beat in all remaining ingredients. Spoon half of the batter into the pan.
- ☐ Sprinkle half of streusel mixture over batter in pan. Spoon remaining batter over streusel; top with remaining streusel.
- ☐ Bake for 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife along sides of pan to loosen edge.
- ☐ Remove side of pan. Cool at least 30 minutes. (Anna's Note: Cool completely if you have the time). Just before serving, combine caramels and half & half (or milk) in 1-quart saucepan. Cook over medium heat, stirring occasionally, until caramels are completely melted (5 to 8

minutes). Cool until thick enough to drizzle nicely; drizzle warm (not hot!) caramel over cake.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:39.34, Inflammation Score:-4, Nutrition Score:8.5439130249231%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 461.18kcal (23.06%), Fat: 22.81g (35.09%), Saturated Fat: 10.74g (67.1%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 58.49g (21.27%), Sugar: 37.09g (41.21%), Cholesterol: 89.6mg (29.87%), Sodium: 351.9mg (15.3%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 6.68g (13.35%), Manganese: 0.5mg (24.81%), Selenium: 13.67µg (19.52%), Vitamin B1: 0.27mg (17.69%), Vitamin B2: 0.28mg (16.38%), Folate: 54.67µg (13.67%), Phosphorus: 130.07mg (13.01%), Calcium: 125.72mg (12.57%), Vitamin A: 541.15IU (10.82%), Iron: 1.62mg (9.01%), Vitamin B3: 1.53mg (7.66%), Copper: 0.14mg (6.76%), Zinc: 0.89mg (5.92%), Magnesium: 21.71mg (5.43%), Fiber: 1.35g (5.42%), Vitamin B12: 0.32µg (5.26%), Potassium: 178.93mg (5.11%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.49mg (4.89%), Vitamin B6: 0.06mg (3.2%), Vitamin D: 0.31µg (2.05%), Vitamin K: 1.89µg (1.8%)