



Carrot Coffee Cake

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup walnut pieces chopped
- ☐ 2 tablespoons butter cold cut into small pieces
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.7 cup water

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 eggs
- ☐ 1 cup carrots shredded
- ☐ 1 cup powdered sugar
- ☐ 2 tablespoons milk
- ☐ 0.3 cup frangelico
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Heat oven to 375°F. Grease 9-inch round cake pan with shortening or cooking spray.
- ☐ In small bowl, stir together topping ingredients with fork until mixture is crumbly; set aside.
- ☐ In medium bowl, mix coffee cake ingredients with electric mixer or spoon until blended.
- ☐ Spread batter in pan.
- ☐ Sprinkle with streusel topping.
- ☐ Bake 18 to 22 minutes or until golden brown. Cool 15 minutes; remove cake from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In small bowl, stir glaze ingredients until smooth.
- ☐ Drizzle glaze over coffee cake. To serve, cut into wedges.

Nutrition Facts



 **PROTEIN 3.57%**  **FAT 30.03%**  **CARBS 66.4%**

Properties

Glycemic Index:24.98, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:4.9278260521267%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.29kcal (8.56%), Fat: 5.91g (9.1%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 28.59g (10.4%), Sugar: 27.55g (30.61%), Cholesterol: 20.91mg (6.97%), Sodium: 58.12mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin A: 2835.62IU (56.71%), Manganese: 0.19mg (9.71%), Copper: 0.08mg (4.04%), Phosphorus: 34.54mg (3.45%), Fiber: 0.82g (3.28%), Selenium: 2.2µg (3.14%), Calcium: 30.85mg (3.09%), Vitamin B6: 0.06mg (2.96%), Vitamin B2: 0.05mg (2.9%), Potassium: 100.17mg (2.86%), Magnesium: 10.52mg (2.63%), Folate: 9.45µg (2.36%), Vitamin K: 2.3µg (2.19%), Iron: 0.37mg (2.04%), Vitamin E: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.25mg (1.67%), Vitamin C: 1.03mg (1.25%), Vitamin B12: 0.07µg (1.21%), Vitamin B3: 0.23mg (1.13%), Vitamin D: 0.15µg (1.01%)