



Christmas Coffee Cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.8 cups firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon ground allspice
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon orange juice

- ☐ 2 tablespoons orange zest
- ☐ 1 cup pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour

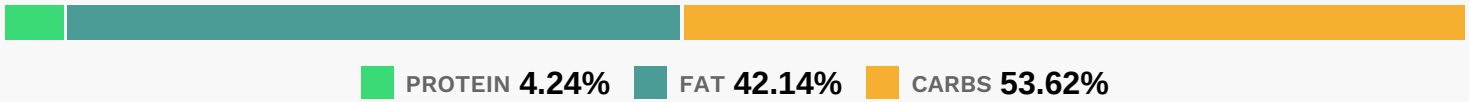
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together flour and next 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender or two forks until crumbly. Firmly press 2 1/2 cups crumb mixture onto bottom of a lightly greased 9-inch springform pan.
- ☐ Stir together sour cream, egg, and baking soda; add to remaining crumb mixture, stirring just until dry ingredients are moistened.
- ☐ Pour sour cream mixture over crumb crust in pan; arrange pecan halves over batter.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean, shielding with aluminum foil after 40 minutes to prevent excessive browning, if necessary. Cool on a wire rack 20 minutes.
- ☐ Stir together orange juice and honey, and brush over top of cake.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:12.38, Inflammation Score:-4, Nutrition Score:6.83347818385%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 373.74kcal (18.69%), Fat: 17.95g (27.61%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 49.88g (18.14%), Sugar: 33.74g (37.48%), Cholesterol: 47.14mg (15.71%), Sodium: 270.38mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 0.54mg (27.13%), Vitamin B1: 0.23mg (15.1%), Selenium: 9.87µg (14.11%), Folate: 44.46µg (11.11%), Vitamin B2: 0.17mg (10.01%), Iron: 1.52mg (8.44%), Vitamin A: 390.6IU (7.81%), Copper: 0.15mg (7.67%), Phosphorus: 72.38mg (7.24%), Vitamin B3: 1.41mg (7.04%), Calcium: 62.25mg (6.22%), Fiber: 1.49g (5.98%), Magnesium: 20.64mg (5.16%), Zinc: 0.66mg (4.42%), Potassium: 137.95mg (3.94%), Vitamin B5: 0.35mg (3.52%), Vitamin E: 0.47mg (3.11%), Vitamin C: 2.39mg (2.9%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.09µg (1.56%), Vitamin K: 1.31µg (1.25%)