



Cinnamon-Chip and Pecan Loaf Cake

READY IN



45 min.

SERVINGS



10

CALORIES



387 kcal

Ingredients

- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 0.5 cup fries
- ☐ 16 ounce just-add-water cornbread mix
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup cream sour

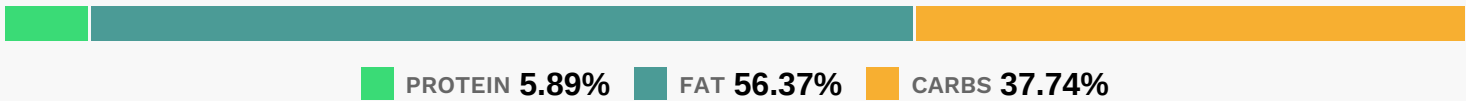
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter and flour 9x5x2-inch metal loaf pan. Using electric mixer, beat bread mix and 1/2 cup butter in large bowl until crumbly mixture forms.
- ☐ Transfer 1/2 cup crumb mixture to small bowl; add remaining 2 tablespoons butter and rub in with fingertips until moist clumps form (for streusel).
- ☐ Stir sour cream and eggs into remaining crumb mixture in large bowl.
- ☐ Mix in cinnamon chips, pecans, cinnamon, and allspice.
- ☐ Pour cake batter into prepared pan.
- ☐ Sprinkle with streusel.
- ☐ Bake cake until tester inserted into center comes out clean, about 1 hour 20 minutes. Turn cake out onto rack.
- ☐ Place streusel side up and cool 20 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:1.98, Inflammation Score:-5, Nutrition Score:8.4130435041759%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg

Nutrients (% of daily need)

Calories: 387.44kcal (19.37%), Fat: 24.55g (37.77%), Saturated Fat: 10.64g (66.48%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 33.02g (12.01%), Sugar: 10.2g (11.34%), Cholesterol: 76.08mg (25.36%), Sodium: 522.96mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Phosphorus: 281.22mg (28.12%), Manganese: 0.38mg (18.82%), Fiber: 3.96g (15.83%), Vitamin B1: 0.24mg (15.72%), Folate: 52.05µg (13.01%), Vitamin B2: 0.22mg (12.95%), Vitamin A: 536.25IU (10.73%), Selenium: 6.78µg (9.69%), Vitamin B3: 1.86mg (9.31%), Iron: 1.6mg (8.88%), Calcium: 63.68mg (6.37%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.56mg (5.57%), Magnesium: 21.39mg (5.35%), Copper: 0.1mg (4.93%), Potassium: 164.2mg (4.69%), Zinc: 0.68mg (4.55%), Vitamin E: 0.58mg (3.89%), Vitamin K: 3.63µg (3.45%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.08mg (1.31%)