Cinnamon Chip Applesauce Coffeecake

Vegetarian

READY IN	SERVINGS	CALORIES
50 min.	15	391 kcal

MORNING MEAL | BRUNCH | BREAKFAST | DESSERT

Ingredients

- [ ] 0.8 cup apple sauce
- [ ] 1 teaspoon baking soda
- [ ] 1 cup butter softened
- [ ] 1.7 cups hershey®'s cinnamon chips
- [ ] 0.8 cup confectioners' sugar
- [ ] 2 eggs
- [ ] 2.5 cups flour all-purpose
- [ ] 1 cup pecans chopped

- [ ] 0.5 teaspoon salt
- [ ] 0.5 teaspoon vanilla extract
- [ ] 2 tablespoons water
- [ ] 1 cup sugar white

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] wire rack
- [ ] blender
- [ ] baking pan

Directions

- [ ] Heat oven to 350 degrees F. Lightly grease 13x9x2 inch baking pan.
- [ ] Beat butter and sugar in large bowl on medium speed of mixer until well blended. Beat in eggs and vanilla.
- [ ] Mix in applesauce.
- [ ] Combine flour, baking soda and salt; gradually add to butter mixture, beating until well blended. Stir in cinnamon chips and pecans, if desired.
- [ ] Spread into prepared pan.
- [ ] Bake 30 to 35 minutes or until wooden pick inserted into center comes out clean. Cool completely in pan on wire rack.
- [ ] Sprinkle with powdered sugar.
- [ ] Easy Glaze: Stir together 3/4 cup powdered sugar and 1 to 2 tablespoons warm water.

Nutrition Facts

PROTEIN **4.45%** FAT **50.03%** CARBS **45.52%**

Properties

Glycemic Index:17.96, Glycemic Load:25.18, Inflammation Score:-4, Nutrition Score:7.1343478741853%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 391.47kcal (19.57%), Fat: 22.25g (34.23%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 42.97g (15.63%), Sugar: 20.71g (23.01%), Cholesterol: 54.36mg (18.12%), Sodium: 385.95mg (16.78%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 4.45g (8.9%), Manganese: 0.53mg (26.74%), Vitamin B1: 0.24mg (15.82%), Selenium: 9.58µg (13.68%), Folate: 49.08µg (12.27%), Fiber: 2.58g (10.31%), Vitamin B3: 1.93mg (9.63%), Vitamin B2: 0.16mg (9.41%), Iron: 1.64mg (9.12%), Vitamin A: 417.47IU (8.35%), Phosphorus: 78.74mg (7.87%), Copper: 0.14mg (6.75%), Potassium: 186.48mg (5.33%), Magnesium: 19.52mg (4.88%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.09mg (4.28%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.55mg (3.64%), Vitamin C: 1.86mg (2.25%), Calcium: 18.3mg (1.83%), Vitamin K: 1.45µg (1.39%), Vitamin B12: 0.08µg (1.3%)