



Cinnamon Coffee Cake

READY IN



60 min.

SERVINGS



9

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon vanilla

- ☐ 2 eggs beaten
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon ground cinnamon

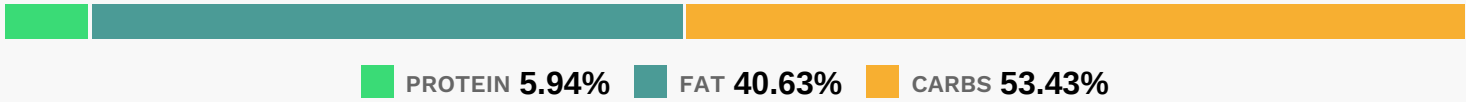
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 9-inch square pan with shortening or spray bottom with cooking spray. In large bowl, stir coffee cake ingredients with spoon just until dry ingredients are moistened.
- ☐ Spread batter in pan.
- ☐ Bake 30 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ Generously pierce hot cake with fork.
- ☐ Brush or drizzle 1/4 cup melted butter over hot cake. In small bowl, mix 3 tablespoons sugar and the cinnamon; sprinkle over hot cake.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.91, Glycemic Load:28.39, Inflammation Score:-5, Nutrition Score:6.0313043066341%

Nutrients (% of daily need)

Calories: 302.52kcal (15.13%), Fat: 13.76g (21.17%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 40g (14.55%), Sugar: 21.78g (24.2%), Cholesterol: 38.57mg (12.86%), Sodium: 363.6mg (15.81%),

Alcohol: 0.15g (100%), Alcohol %: 0.21% (100%), Protein: 4.53g (9.05%), Selenium: 12.11µg (17.3%), Vitamin B1: 0.21mg (13.72%), Folate: 50.27µg (12.57%), Vitamin B2: 0.21mg (12.3%), Vitamin A: 612.47IU (12.25%), Manganese: 0.19mg (9.62%), Calcium: 90.28mg (9.03%), Phosphorus: 85.69mg (8.57%), Iron: 1.43mg (7.92%), Vitamin B3: 1.47mg (7.34%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.35mg (3.45%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.46µg (3.04%), Fiber: 0.73g (2.91%), Zinc: 0.38mg (2.52%), Copper: 0.05mg (2.49%), Magnesium: 9.43mg (2.36%), Potassium: 74.62mg (2.13%), Vitamin B6: 0.04mg (1.81%)