



Cinnamon Coffee Cake II

READY IN



90 min.

SERVINGS



10

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 8 ounce cup heavy whipping cream sour

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

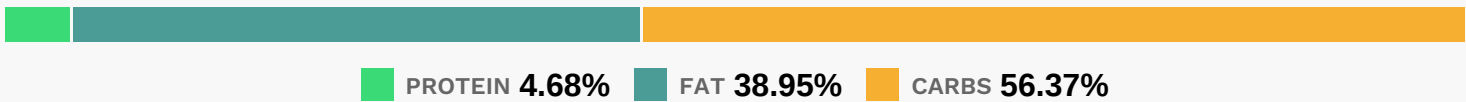
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan. Sift together the flour, baking powder, baking soda and salt. Set aside.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream and vanilla. Beat in the flour mixture, just until incorporated.
- ☐ Pour half of batter into prepared pan. In a small bowl, combine brown sugar and cinnamon.
- ☐ Sprinkle half of mixture over batter.
- ☐ Add remainder of batter and sprinkle with rest of topping. With the tip of a knife, swirl lightly through the batter.
- ☐ Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:27.92, Inflammation Score:-3, Nutrition Score:6.0513043364753%

Nutrients (% of daily need)

Calories: 360.36kcal (18.02%), Fat: 15.8g (24.31%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 50.55g (18.38%), Sugar: 31.56g (35.07%), Cholesterol: 46.12mg (15.37%), Sodium: 254.97mg (11.09%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 4.27g (8.55%), Selenium: 12.28µg (17.55%), Vitamin B1: 0.21mg (13.77%), Folate: 51.38µg (12.85%), Manganese: 0.25mg (12.71%), Vitamin B2: 0.21mg (12.13%), Iron: 1.53mg (8.48%), Calcium: 80.36mg (8.04%), Vitamin B3: 1.52mg (7.61%), Phosphorus: 75.53mg (7.55%), Vitamin K: 6.02µg (5.73%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 189.99IU (3.8%), Fiber: 0.89g (3.55%), Copper: 0.05mg (2.74%), Magnesium: 10.27mg (2.57%), Zinc: 0.38mg (2.51%), Potassium: 84.72mg (2.42%), Vitamin B12: 0.13µg (2.1%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.18µg (1.17%)