



Cinnamon-Pecan Coffee Cake

READY IN



45 min.

SERVINGS



12

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 25 ounce roll dough frozen
- ☐ 12 servings brown sugar glaze
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 1 cup sugar

Equipment

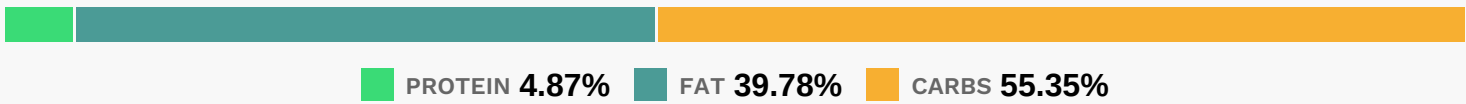
- ☐ frying pan

☐ oven

Directions

- ☐ Combine sugar and cinnamon.
- ☐ Dip rolls in butter, and roll in sugar mixture. Arrange rolls in a well-greased 10-inch tube pan; sprinkle with nuts. Cover and chill 8 hours.
- ☐ Pour Brown Sugar Glaze over dough.
- ☐ Bake at 325 for 55 minutes or until done.
- ☐ Let stand 10 minutes. Invert onto a serving plate, and drizzle glaze in pan.
- ☐ NOTE: For testing purposes only, we used Rich's Enriched Homestyle
- ☐ Roll Dough.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:11.69, Inflammation Score:-2, Nutrition Score:3.1947826121164%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 362.05kcal (18.1%), Fat: 16g (24.62%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 47.73g (17.36%), Sugar: 20.89g (23.22%), Cholesterol: 20.34mg (6.78%), Sodium: 339.94mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Manganese: 0.53mg (26.42%), Fiber: 2.38g (9.51%), Copper: 0.11mg (5.72%), Vitamin A: 243.42IU (4.87%), Vitamin B1: 0.06mg (4.04%), Magnesium: 11.94mg (2.98%), Zinc: 0.44mg (2.9%), Phosphorus: 28.02mg (2.8%), Vitamin E: 0.36mg (2.41%), Calcium: 18.8mg (1.88%), Iron: 0.32mg (1.8%), Potassium: 48.04mg (1.37%), Vitamin K: 1.19µg (1.13%), Vitamin B6: 0.02mg (1.1%), Vitamin B2: 0.02mg (1.09%)