



Cinnamon Streusel Buttermilk Coffee Cake

READY IN



45 min.

SERVINGS



10

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 lb butter melted
- ☐ 1 cup buttermilk
- ☐ 1 large eggs beaten to blend
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pecans chopped

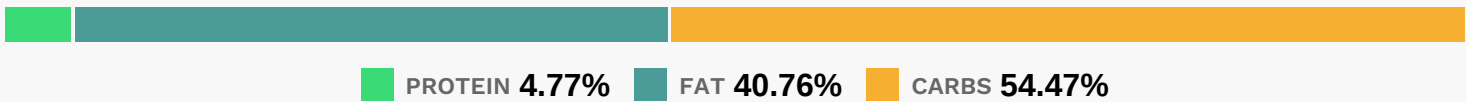
Equipment

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

Directions

- ☐ In a large bowl, mix brown sugar, granulated sugar, flour, nutmeg, and 2/3 cup butter.
- ☐ Transfer 1 packed cup of the sugar mixture to a small bowl.
- ☐ Add nuts and cinnamon, mixing well.
- ☐ To the mixture in the large bowl, add egg, buttermilk, baking powder, and baking soda; mix well.
- ☐ Pour batter into a buttered 9-inch cheesecake pan with removable rim.
- ☐ Sprinkle cinnamon-nut mixture evenly over batter.
- ☐ Bake in a 350 oven until toothpick inserted in center comes out clean and cake begins to pull from pan sides, about 40 minutes (about 35 minutes in convection oven).
- ☐ Cool on a rack at least 20 minutes.
- ☐ Remove pan rim.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:35.31, Glycemic Load:21.39, Inflammation Score:-5, Nutrition Score:7.4330434912573%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 382.94kcal (19.15%), Fat: 17.68g (27.2%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 51.83g (18.85%), Sugar: 32.83g (36.47%), Cholesterol: 21.24mg (7.08%), Sodium: 375.92mg (16.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Manganese: 0.47mg (23.53%), Vitamin B1: 0.25mg (16.49%), Selenium: 11.44µg (16.34%), Folate: 50.96µg (12.74%), Vitamin A: 611.18IU (12.22%), Vitamin B2: 0.2mg (11.9%), Calcium: 110.06mg (11.01%), Phosphorus: 94.62mg (9.46%), Iron: 1.66mg (9.23%), Vitamin B3: 1.6mg (7.98%), Copper: 0.12mg (6.19%), Fiber: 1.33g (5.31%), Magnesium: 18.05mg (4.51%), Vitamin E: 0.63mg (4.23%), Zinc: 0.59mg (3.94%), Vitamin B5: 0.37mg (3.67%), Potassium: 125.58mg (3.59%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.41µg (2.75%), Vitamin B6: 0.05mg (2.52%)