



Cinnamon Streusel Coffeecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 2 large eggs
- 3 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 1 tablespoon ground cinnamon
- 1.5 cups buttermilk low-fat

- 0.5 teaspoon salt
- 1.3 cups sugar
- 1 tablespoon vanilla extract
- 0.3 cup vegetable oil
- 0.3 cup walnut pieces chopped

Equipment

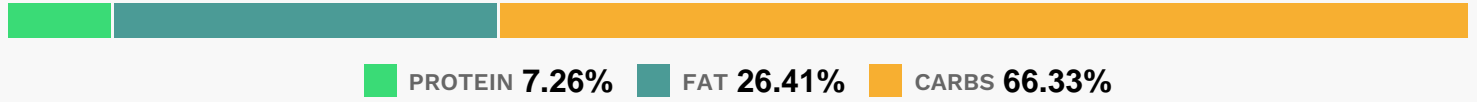
- bowl
- frying pan
- oven
- wire rack
- blender
- kugelhkopf pan

Directions

- Preheat oven to 350
- Combine the first 4 ingredients in a small bowl, and stir well. Coat a 12-cup Bundt pan with cooking spray; sprinkle 1/3 cup of the walnut mixture into pan. Set walnut mixture aside.
- Combine 1 1/4 cups sugar and vegetable oil in a large bowl, and beat at medium speed of a mixer until well-blended.
- Add eggs, 1 at a time, beating well after each addition.
- Combine flour, baking powder, baking soda, and salt; stir well.
- Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture; mix after each addition. Stir in vanilla.
- Measure 2 cups of batter; set aside.
- Pour remaining batter into prepared pan; sprinkle remaining walnut mixture over batter.
- Pour reserved 2 cups batter over walnut mixture.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pan 10 minutes on a wire rack; remove from pan.

Let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:24.73, Inflammation Score:-2, Nutrition Score:6.0447825698749%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 245.74kcal (12.29%), Fat: 7.27g (11.18%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 39.95g (14.53%), Sugar: 21.38g (23.76%), Cholesterol: 24.15mg (8.05%), Sodium: 211.85mg (9.21%), Alcohol: 0.28g (100%), Alcohol %: 0.43% (100%), Protein: 4.49g (8.99%), Manganese: 0.35mg (17.39%), Selenium: 11.08µg (15.82%), Vitamin B1: 0.21mg (14.25%), Folate: 51.99µg (13%), Vitamin B2: 0.19mg (11.38%), Vitamin K: 8.69µg (8.28%), Iron: 1.46mg (8.09%), Vitamin B3: 1.53mg (7.63%), Phosphorus: 73.69mg (7.37%), Calcium: 59.51mg (5.95%), Fiber: 1.1g (4.4%), Copper: 0.09mg (4.36%), Magnesium: 13.42mg (3.36%), Vitamin E: 0.49mg (3.28%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.29mg (2.89%), Potassium: 89.76mg (2.56%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.11µg (1.75%)