



## Cinnamon Swirl Cake

READY IN



45 min.

SERVINGS



16

CALORIES



205 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar light packed
- 16 servings cinnamon sticks
- 0.8 cup egg substitute
- 1.3 cups nonfat buttermilk fat-free
- 2 teaspoons ground cinnamon
- 0.5 cup pecans toasted chopped
- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 18.3 ounce cake mix white

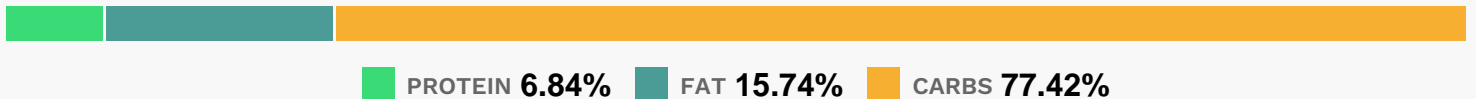
## Equipment

- frying pan
- oven
- wire rack
- hand mixer
- kugelhopf pan

## Directions

- Combine first 3 ingredients; set aside.
- Beat cake mix and next 4 ingredients at medium speed with an electric mixer 2 minutes or until blended.
- Pour one-third cake batter into a greased and floured 12-cup Bundt pan.
- Sprinkle with half of brown sugar mixture. Repeat layers twice, ending with batter.
- Bake at 325 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- Remove from pan, and cool completely on wire rack.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.63, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:5.6786956294723%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 205.16kcal (10.26%), Fat: 3.69g (5.67%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 38.93g (14.16%), Sugar: 25.86g (28.73%), Cholesterol: 0.39mg (0.13%), Sodium: 266.83mg (11.6%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.61g (7.21%), Manganese: 0.62mg (30.92%), Phosphorus: 128.24mg (12.82%), Calcium: 112.3mg (11.23%), Selenium: 7.73µg (11.05%), Fiber: 1.88g (7.51%), Vitamin B1: 0.11mg (7.11%), Vitamin B2: 0.12mg (7.06%), Iron: 1.18mg (6.54%), Folate: 25.39µg (6.35%), Vitamin B3: 0.87mg (4.33%), Copper: 0.08mg (4.04%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.46mg (3.05%), Magnesium: 11.36mg (2.84%), Potassium: 77.27mg (2.21%), Vitamin B6: 0.04mg (1.88%), Vitamin K: 1.72µg (1.64%), Vitamin D: 0.18µg (1.2%)