



Cinnamon Swirl Kuchen

READY IN



95 min.

SERVINGS



20

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 4 eggs
- 3 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 1 cup milk
- 1 teaspoon salt
- 0.5 cup shortening
- 2.3 cups sugar divided

2 teaspoons vanilla extract

Equipment

bowl

frying pan

oven

wire rack

spatula

Directions

In a large bowl, cream the butter, shortening and 2 cups sugar until light and fluffy.

Add eggs, one at a time, beating well after each addition.

Combine milk and vanilla; set aside. Sift together flour, baking powder and salt; add to creamed mixture alternately with milk mixture, beating just enough after each addition to keep batter smooth.

Combine cinnamon and remaining sugar; sprinkle 1-1/2 teaspoons into a greased 10-in. tube pan.

Pour one-third of batter into pan.

Sprinkle half of remaining cinnamon-sugar; top with one-third of batter. Repeat with remaining cinnamon-sugar and batter. Smooth top with spatula.

Bake at 350° for 1-1/4 hours. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



PROTEIN 5.2% **FAT 37.23%** **CARBS 57.57%**

Properties

Glycemic Index:16.5, Glycemic Load:27.02, Inflammation Score:-2, Nutrition Score:4.9656522290214%

Nutrients (% of daily need)

Calories: 267.43kcal (13.37%), Fat: 11.22g (17.27%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 38.11g (13.86%), Sugar: 24.03g (26.7%), Cholesterol: 46.4mg (15.47%), Sodium: 234.43mg (10.19%), Alcohol: 0.14g (100%), Alcohol %: 0.23% (100%), Protein: 3.53g (7.05%), Manganese: 0.27mg (13.64%), Selenium: 9.51µg (13.59%), Vitamin B1: 0.16mg (10.6%), Folate: 38.67µg (9.67%), Vitamin B2: 0.16mg (9.22%), Calcium: 67.78mg (6.78%), Iron: 1.17mg (6.53%), Phosphorus: 65.04mg (6.5%), Vitamin B3: 1.14mg (5.71%), Vitamin A: 211.46IU (4.23%), Vitamin E: 0.57mg (3.83%), Fiber: 0.93g (3.73%), Vitamin K: 3.49µg (3.33%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.15µg (2.56%), Zinc: 0.32mg (2.12%), Vitamin D: 0.31µg (2.07%), Copper: 0.04mg (1.91%), Magnesium: 7.45mg (1.86%), Vitamin B6: 0.03mg (1.61%), Potassium: 56.52mg (1.61%)