



Classic Sour Cream Coffee Cake

READY IN



100 min.

SERVINGS



16

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup pecans chopped
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 cups flour whole wheat all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups granulated sugar
- ☐ 0.8 cup butter softened

- ☐ 1.5 teaspoons vanilla
- ☐ 3 eggs
- ☐ 1.5 cups cream sour
- ☐ 0.3 cup butter
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 tablespoons milk

Equipment

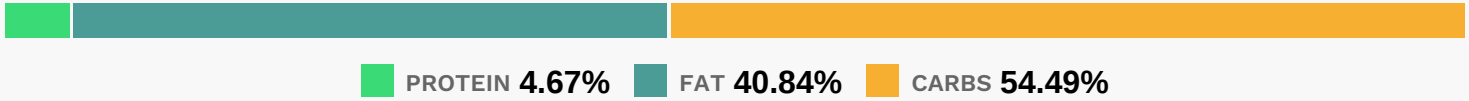
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 12-cup fluted tube cake pan or 10-inch angel food (tube) cake pan.
- ☐ In small bowl, mix all Filling ingredients; set aside.
- ☐ In medium bowl, mix flour, baking powder, baking soda and salt; set aside. In large bowl, beat granulated sugar, 3/4 cup butter, 1 1/2 teaspoons vanilla and the eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Beat in flour mixture alternately with sour cream on low speed.
- ☐ Spread 1/3 of the batter (about 2 cups) in pan; sprinkle with 1/3 of the Filling (about 6 tablespoons). Repeat twice.
- ☐ Bake about 1 hour or until toothpick inserted near center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool 10 minutes.

- ☐ Meanwhile, in 1 1/2-quart saucepan, heat 1/4 cup butter over medium heat until very light brown; remove from heat. Stir in powdered sugar and 1 teaspoon vanilla. Stir in milk, 1 tablespoon at a time, until glaze is smooth and thin enough to drizzle.
- ☐ Drizzle cake with glaze.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:13.22, Inflammation Score:-5, Nutrition Score:9.060869457929%

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: 416.15kcal (20.81%), Fat: 19.52g (30.03%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 55.75g (20.27%), Sugar: 41.17g (45.75%), Cholesterol: 51.15mg (17.05%), Sodium: 396.2mg (17.23%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 5.02g (10.05%), Manganese: 1.11mg (55.67%), Selenium: 17.71µg (25.3%), Phosphorus: 135.38mg (13.54%), Vitamin A: 654.14IU (13.08%), Fiber: 2.83g (11.34%), Magnesium: 39.51mg (9.88%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.13mg (7.59%), Copper: 0.15mg (7.49%), Calcium: 71.72mg (7.17%), Iron: 1.18mg (6.57%), Vitamin B6: 0.13mg (6.33%), Zinc: 0.93mg (6.23%), Vitamin B3: 1.2mg (6%), Vitamin E: 0.79mg (5.29%), Potassium: 152.35mg (4.35%), Folate: 16.11µg (4.03%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.18µg (1.17%), Vitamin K: 1.2µg (1.15%)