



Coffee Cake Croutons



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup kahlua
- ☐ 1 cup pecans toasted
- ☐ 10.8 ounce round cake frozen thawed
- ☐ 0.3 cup strong coffee decoction brewed
- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar

Equipment

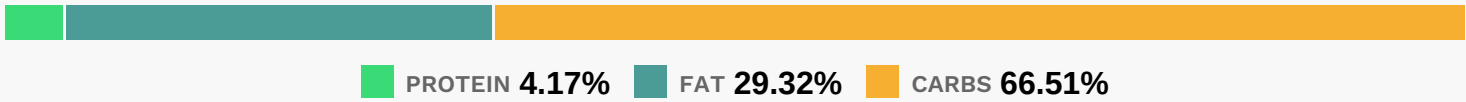
- ☐ bowl

☐ sauce pan

Directions

- ☐ Trim crust from pound cake and cut cake into 1" cubes.
- ☐ Combine 2/3 cup sugar and coffee in a small saucepan; bring to a boil over medium heat, stirring frequently. Boil 1 minute.
- ☐ Remove from heat and let cool 1 minute. Stir in Kahla.
- ☐ Pour coffee syrup mixture into a small bowl and let cool completely.
- ☐ Combine pecans and 1/4 cup sugar; stir well. Working quickly, dip each cake cube into coffee syrup.
- ☐ Roll each cube in pecan mixture, coating completely.
- ☐ Let cake cubes dry at room temperature on wire racks at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:1.2047826054951%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 68.8kcal (3.44%), Fat: 2.23g (3.43%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.08g (4.03%), Sugar: 9.07g (10.07%), Cholesterol: 8.63mg (2.88%), Sodium: 52.97mg (2.3%), Alcohol: 0.36g (100%), Alcohol %: 2.24% (100%), Protein: 0.71g (1.43%), Manganese: 0.14mg (7.11%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 19.28mg (1.93%), Copper: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.7%), Iron: 0.3mg (1.68%), Selenium: 0.91µg (1.29%), Fiber: 0.31g (1.23%), Folate: 4.63µg (1.16%), Zinc: 0.17mg (1.12%), Magnesium: 4.32mg (1.08%)