



Coffee Cake Pound Cake

 Vegetarian

READY IN



215 min.

SERVINGS



12

CALORIES



708 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 cup butter softened
- ☐ 6 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cups flour all-purpose

- ☐ 2.5 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 12 servings pecan streusel
- ☐ 0.8 cup pecans chopped
- ☐ 1 cup pecans finely chopped
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 2 teaspoons vanilla extract

Equipment

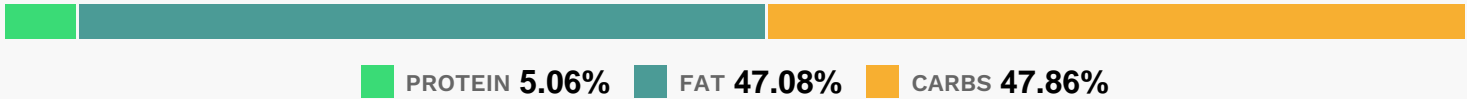
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ stand mixer

Directions

- ☐ Combine first 3 ingredients in a bowl.
- ☐ Cut in butter with a pastry blender or fork until mixture resembles small peas. Stir in 3/4 cup pecans.
- ☐ Prepare Pound Cake Batter: Preheat oven to 35
- ☐ Bake 1 cup pecans in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. Cool 20 minutes. Reduce oven temperature to 32
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add granulated sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour and baking soda; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla.

- ☐
- Pour half of batter into a greased and floured 10-inch (12-cup) tube pan. Stir together toasted pecans, brown sugar, and cinnamon; sprinkle over batter. Spoon remaining batter over pecan mixture; sprinkle with Pecan Streusel.
- ☐
- Bake at 325 for 1 hour and 20 minutes to 1 hour and 30 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:49.3, Inflammation Score:-6, Nutrition Score:13.314347751763%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg

Nutrients (% of daily need)

Calories: 707.79kcal (35.39%), Fat: 37.88g (58.28%), Saturated Fat: 15.95g (99.67%), Carbohydrates: 86.65g (28.88%), Net Carbohydrates: 83.82g (30.48%), Sugar: 56.53g (62.82%), Cholesterol: 154.99mg (51.66%), Sodium: 221.3mg (9.62%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 9.16g (18.32%), Manganese: 1.1mg (55.14%), Selenium: 22.04µg (31.49%), Vitamin B1: 0.41mg (27.52%), Vitamin B2: 0.36mg (21.46%), Folate: 84.19µg (21.05%), Vitamin A: 854.35IU (17.09%), Phosphorus: 156.57mg (15.66%), Iron: 2.73mg (15.16%), Copper: 0.29mg (14.4%), Vitamin B3: 2.42mg (12.1%), Fiber: 2.83g (11.31%), Zinc: 1.44mg (9.62%), Magnesium: 35.4mg (8.85%), Vitamin B5: 0.8mg (7.98%), Vitamin E: 1.15mg (7.67%), Calcium: 72.14mg (7.21%), Potassium: 193.99mg (5.54%), Vitamin B6: 0.11mg (5.45%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.84µg (2.71%)