



Coffee Lovers' Coffee Cake

READY IN



62 min.

SERVINGS



17

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups firmly brown sugar light packed
- ☐ 0.5 cup butter cut into pieces
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons coffee granules instant
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt

☐ 8 ounce cup heavy whipping cream sour

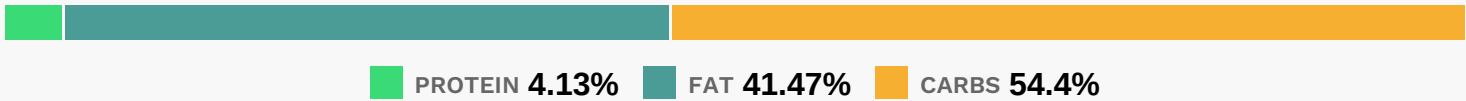
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Combine flour and coffee granules in a large bowl.
- ☐ Add brown sugar, cinnamon, and salt; stir well.
- ☐ Cut in butter with a pastry blender until crumbly. Press half of crumb mixture into a lightly greased 9" square pan; set aside.
- ☐ Combine sour cream and baking soda, stirring well.
- ☐ Add to remaining crumb mixture, stirring just until dry ingredients are moistened.
- ☐ Add egg, stirring gently to combine.
- ☐ Pour sour cream mixture over crumb crust in pan; sprinkle with pecans.
- ☐ Bake at 350 for 45 minutes. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:4.9821739352268%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 275.52kcal (13.78%), Fat: 13.01g (20.01%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 37.31g (13.57%), Sugar: 25.87g (28.74%), Cholesterol: 18.81mg (6.27%), Sodium: 211.64mg (9.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.91g (5.83%), Manganese: 0.43mg (21.52%), Vitamin B1: 0.16mg (10.82%), Selenium: 6.96µg (9.94%), Folate: 30.84µg (7.71%), Vitamin B2: 0.12mg (7.03%), Vitamin A: 341.75IU (6.84%), Iron: 1.1mg (6.14%), Copper: 0.12mg (5.77%), Phosphorus: 52.61mg (5.26%), Vitamin B3: 1.02mg (5.11%), Calcium: 46.69mg (4.67%), Fiber: 1.08g (4.3%), Magnesium: 15.67mg (3.92%), Zinc: 0.49mg (3.24%), Potassium: 104.67mg (2.99%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.04mg (2.09%), Vitamin B12: 0.06µg (1.01%)