



Crunchy Cinnamon Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 cups all purpose baking mix
- 1.5 cups firmly brown sugar divided packed
- 3 eggs
- 1.5 tsp ground cinnamon divided
- 1.3 cups tbsp. milk fat-free divided
- 0.3 cup oil
- 1.3 cups powdered sugar
- 3 cups wheat and barley cereal flakes crushed

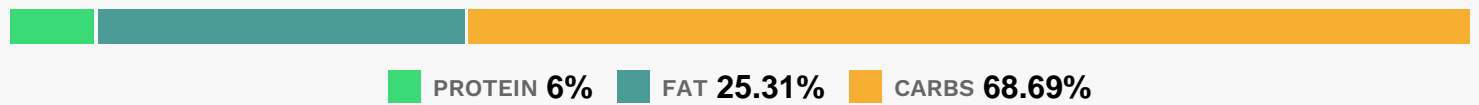
Equipment

- oven
- whisk
- baking pan
- toothpicks

Directions

- Combine cereal, 1 cup of the brown sugar and 1 tsp. of the cinnamon; set aside.
- Mix together baking mix, remaining 1/2 cup brown sugar, 1-1/4 cups of the milk, eggs and oil just until blended.
- Pour half of the batter into a 13x9-inch baking pan sprayed with cooking spray; sprinkle with half of the cereal mixture. Repeat layers.
- Bake at 350F for 35 min. or until toothpick inserted in center comes out clean. Cool 10 min.
- Cut into 24 squares.
- Whisk together powdered sugar, remaining 1/2 tsp. cinnamon and remaining 2 Tbsp. milk until well blended.
- Drizzle over coffee cake.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:1.59, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:12.703043409016%

Nutrients (% of daily need)

Calories: 210.93kcal (10.55%), Fat: 6.07g (9.33%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 35.73g (12.99%), Sugar: 23.34g (25.93%), Cholesterol: 21.24mg (7.08%), Sodium: 306.34mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin B1: 0.37mg (24.66%), Vitamin B2: 0.41mg (24.05%), Folate: 93.54µg (23.38%), Vitamin B3: 4.22mg (21.11%), Iron: 3.71mg (20.64%), Vitamin B12: 1.2µg (19.97%), Vitamin B5: 1.96mg (19.64%), Vitamin B6: 0.37mg (18.28%), Zinc: 2.71mg (18.08%), Vitamin E: 2.7mg

(18%), Manganese: 0.36mg (17.95%), Phosphorus: 166.76mg (16.68%), Vitamin C: 9.9mg (12%), Calcium: 70.68mg (7.07%), Selenium: 4.15µg (5.93%), Fiber: 1.33g (5.31%), Magnesium: 15.08mg (3.77%), Vitamin A: 179.85IU (3.6%), Copper: 0.07mg (3.31%), Potassium: 105.22mg (3.01%), Vitamin K: 3.1µg (2.95%), Vitamin D: 0.42µg (2.78%)