



Double Decker Pumpkin Pie Yogurt Coffee Cake

READY IN



145 min.

SERVINGS



8

CALORIES



756 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 6 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1.3 cups granulated sugar
- ☐ 0.7 cup brown sugar light packed
- ☐ 1 tablespoons milk
- ☐ 1 cup pecans chopped

- ☐ 2 cups powdered sugar
- ☐ 4 oz pumpkin pie filling/mix light yoplait® (from 4-pack)
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted cooled melted
- ☐ 1 teaspoon vanilla
- ☐ 2 teaspoons vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

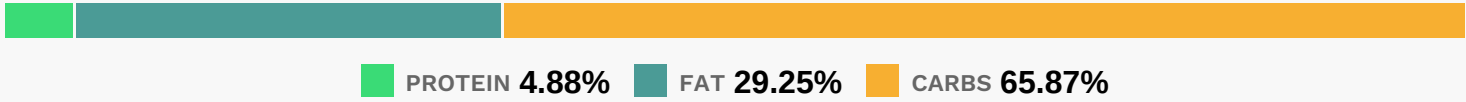
Directions

- ☐ Heat oven to 350F. Grease 10-inch fluted tube cake pan with shortening; lightly flour.
- ☐ In large bowl, beat 1 1/3 cups sugar and the eggs with electric mixer on medium speed until slightly frothy.
- ☐ Add melted butter, 1 teaspoon vanilla and the yogurt; stir with spoon to combine.
- ☐ In medium bowl, stir together flour, baking powder and salt with whisk. Stir dry ingredients into wet ingredients just until combined.
- ☐ In small bowl, stir together Streusel ingredients.
- ☐ Pour one-third of cake batter into pan.
- ☐ Sprinkle with one-third of streusel mixture. Repeat layers 2 more times.
- ☐ Bake 1 hour or until toothpick inserted near center comes out clean. Cool in pan 10 minutes.
- ☐ Place serving plate upside down over pan; invert plate and pan.

- ☐
- Remove pan. Cool completely, about 1 hour.

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Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:51.69, Inflammation Score:-8, Nutrition Score:14.486521562804%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 756.15kcal (37.81%), Fat: 25.09g (38.6%), Saturated Fat: 9.29g (58.09%), Carbohydrates: 127.11g (42.37%), Net Carbohydrates: 123.61g (44.95%), Sugar: 93.95g (104.39%), Cholesterol: 153.49mg (51.16%), Sodium: 238.08mg (10.35%), Alcohol: 0.52g (100%), Alcohol %: 0.31% (100%), Protein: 9.43g (18.85%), Manganese: 1.02mg (50.87%), Vitamin A: 1720.94IU (34.42%), Selenium: 23.62µg (33.75%), Vitamin B1: 0.38mg (25.6%), Vitamin B2: 0.38mg (22.52%), Folate: 88.53µg (22.13%), Phosphorus: 170.57mg (17.06%), Iron: 3.06mg (17.01%), Fiber: 3.51g (14.04%), Copper: 0.27mg (13.37%), Vitamin B3: 2.36mg (11.79%), Calcium: 107.91mg (10.79%), Vitamin B5: 0.99mg (9.86%), Zinc: 1.37mg (9.16%), Magnesium: 33.67mg (8.42%), Vitamin B6: 0.13mg (6.71%), Vitamin E: 0.9mg (5.99%), Vitamin D: 0.89µg (5.96%), Potassium: 196.4mg (5.61%), Vitamin B12: 0.33µg (5.47%), Vitamin K: 1.82µg (1.74%)