



Gluten-Free Bisquick™ Cinnamon Struesel Coffee Cake

 Vegetarian  Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup pancake mix gluten free
- 0.5 cup brown sugar packed
- 0.8 teaspoon ground cinnamon
- 0.3 cup butter firm
- 1.8 cups pancake mix gluten free
- 3 tablespoons granulated sugar
- 0.7 cup water

- 1.5 teaspoons vanilla extract pure
- 3 eggs

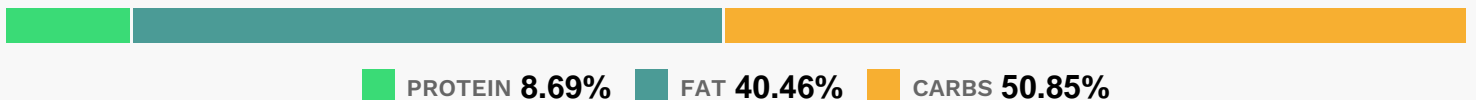
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. Spray 9-inch round or square pan with cooking spray. In small bowl, mix 1/3 cup Bisquick™ mix, the brown sugar and cinnamon.
- Cut in butter, using pastry blender or fork, until mixture is crumbly; set aside.
- In medium bowl, stir all coffee cake ingredients until blended.
- Spread in pan; sprinkle with topping.
- Bake 25 to 30 minutes or until golden brown. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:6.2604347143484%

Nutrients (% of daily need)

Calories: 293.94kcal (14.7%), Fat: 13.26g (20.4%), Saturated Fat: 6.47g (40.46%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 36.51g (13.28%), Sugar: 23.99g (26.66%), Cholesterol: 134.22mg (44.74%), Sodium: 326.63mg (14.2%), Alcohol: 0.34g (100%), Alcohol %: 0.34% (100%), Protein: 6.41g (12.81%), Phosphorus: 188.07mg (18.81%), Selenium: 11.54µg (16.48%), Vitamin B2: 0.25mg (14.49%), Calcium: 130.32mg (13.03%), Vitamin A: 468.75IU (9.37%), Folate: 27.07µg (6.77%), Vitamin B1: 0.1mg (6.68%), Manganese: 0.13mg (6.36%), Iron: 1.13mg (6.27%), Vitamin B12: 0.37µg (6.09%), Vitamin B5: 0.6mg (6.02%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.65mg (4.3%), Potassium: 149.52mg (4.27%), Fiber: 0.99g (3.96%), Magnesium: 14.94mg (3.74%), Vitamin E: 0.46mg (3.04%), Vitamin B3: 0.6mg (3.02%), Vitamin D: 0.44µg (2.93%), Copper: 0.05mg (2.59%)