



## Gluten-Free Cinnamon Streusel Coffee Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter firm
- 3 eggs
- 3 tablespoons granulated sugar
- 0.8 teaspoon ground cinnamon
- 0.7 cup water
- 1.5 teaspoons vanilla
- 1.8 cup frangelico gluten free bisquick®

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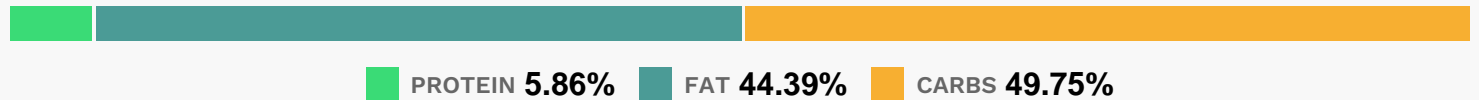
## Equipment

- 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:12.52, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:2.8869565193258%

## Nutrients (% of daily need)

Calories: 195.73kcal (9.79%), Fat: 9.73g (14.97%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 24.4g (8.87%), Sugar: 23.98g (26.65%), Cholesterol: 81.84mg (27.28%), Sodium: 127.05mg (5.52%), Alcohol: 0.34g (100%), Alcohol %: 0.52% (100%), Protein: 2.89g (5.78%), Selenium: 7.02µg (10.03%), Vitamin A: 457.86IU (9.16%), Vitamin B2: 0.11mg (6.25%), Phosphorus: 46.69mg (4.67%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.53mg (3.53%), Vitamin B12: 0.21µg (3.42%), Calcium: 33.84mg (3.38%), Manganese: 0.06mg (3.2%), Iron: 0.54mg (3%), Vitamin D: 0.44µg (2.93%), Folate: 10.63µg (2.66%), Vitamin B6: 0.05mg (2.32%), Zinc: 0.3mg (1.99%), Potassium: 61.39mg (1.75%), Copper: 0.03mg (1.53%), Magnesium: 5.11mg (1.28%)