



Healthified Streusel Coffee Cake

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 1 egg whites
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup pecans chopped toasted
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cream fat-free sour
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup flour whole wheat gold medal®

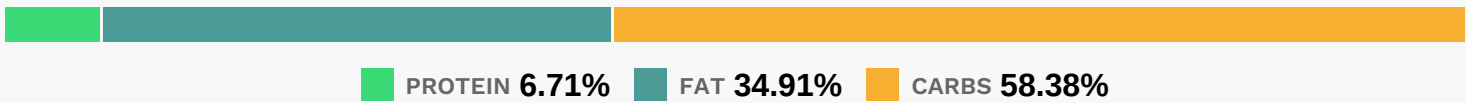
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9-inch square pan with cooking spray. In small bowl, mix streusel ingredients with fork until crumbly; set aside.
- ☐ In large bowl, mix flours, 3/4 cup brown sugar, the baking powder, baking soda and salt. Stir in remaining coffee cake ingredients until well blended.
- ☐ Spoon half of batter in pan, spreading evenly.
- ☐ Sprinkle 1/2 cup of the streusel evenly over batter. Drop remaining batter by spoonfuls over streusel; carefully spread.
- ☐ Sprinkle with remaining streusel.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool about 1 hour.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:5.85, Inflammation Score:-2, Nutrition Score:4.9926086369416%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 187.87kcal (9.39%), Fat: 7.43g (11.43%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 26.79g (9.74%), Sugar: 13.64g (15.15%), Cholesterol: 14.93mg (4.98%), Sodium: 211.65mg (9.2%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 3.21g (6.43%), Manganese: 0.44mg (21.82%), Selenium: 9.29µg (13.28%), Vitamin B1: 0.13mg (8.95%), Phosphorus: 66.7mg (6.67%), Vitamin B2: 0.11mg (6.66%), Folate: 25.48µg (6.37%), Vitamin E: 0.94mg (6.27%), Calcium: 57.51mg (5.75%), Iron: 0.95mg (5.27%), Vitamin B3: 0.93mg (4.66%), Fiber: 1.15g (4.61%), Copper: 0.08mg (4.22%), Magnesium: 16.38mg (4.09%), Vitamin K: 3.6µg (3.43%), Zinc: 0.47mg (3.11%), Potassium: 88.62mg (2.53%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.08µg (1.3%), Vitamin A: 58.85IU (1.18%)