



## Holiday Cream Cheese Coffee Cake

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup t brown sugar dark packed
- 4 ounces cream cheese softened
- 11.5 oz pecans frozen thawed

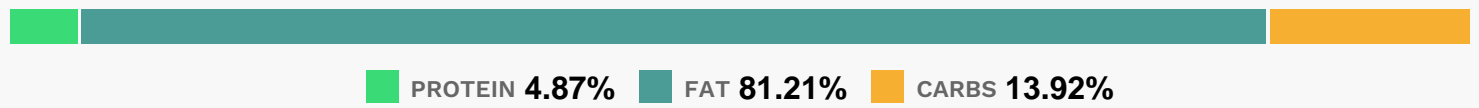
### Equipment

- oven
- wire rack

# Directions

- Remove coffee cake from package; remove and discard plastic overwrap.
- Slice coffee cake in half horizontally.
- Spread softened cream cheese on bottom half of coffee cake; sprinkle with brown sugar.
- Place top layer of coffee cake right side up on bottom layer.
- Bake at 350 for 15 to 20 minutes.
- Let cool on a wire rack 10 minutes.

# Nutrition Facts



# Properties

Glycemic Index:4.63, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:10.45217383167%

# Flavonoids

Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg

# Nutrients (% of daily need)

Calories: 357.34kcal (17.87%), Fat: 34.22g (52.64%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 9.28g (3.37%), Sugar: 8.82g (9.8%), Cholesterol: 14.32mg (4.77%), Sodium: 46.43mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Manganese: 1.84mg (91.99%), Copper: 0.49mg (24.74%), Vitamin B1: 0.27mg (18.15%), Fiber: 3.91g (15.65%), Phosphorus: 128.33mg (12.83%), Magnesium: 51.2mg (12.8%), Zinc: 1.92mg (12.79%), Iron: 1.1mg (6.09%), Potassium: 194.94mg (5.57%), Vitamin B2: 0.09mg (5.03%), Vitamin B6: 0.1mg (4.82%), Calcium: 47.98mg (4.8%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.44mg (4.42%), Vitamin A: 213.19IU (4.26%), Selenium: 2.85µg (4.07%), Folate: 10.31µg (2.58%), Vitamin B3: 0.5mg (2.49%), Vitamin K: 1.72µg (1.64%)