

Honey Bun Cake

 Popular

READY IN



175 min.

SERVINGS



12

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.7 cup vegetable oil
- ☐ 4 eggs
- ☐ 8 oz cream sour
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup pecans chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup powdered sugar

- ☐ 1 tablespoon milk
- ☐ 1 teaspoon vanilla

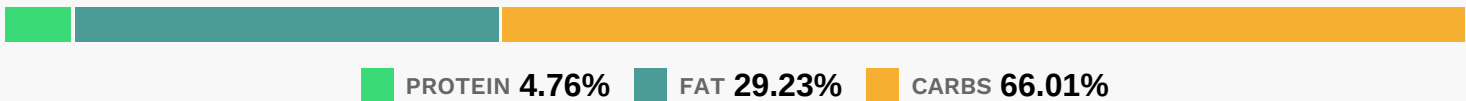
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ In large bowl, beat cake mix, oil, eggs and sour cream with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Spread half of the batter in pan.
- ☐ In small bowl, stir together brown sugar, pecans and cinnamon; sprinkle evenly over batter in pan. Carefully pour and spread remaining batter evenly over pecan mixture.
- ☐ Bake 28 to 32 minutes or until golden brown and toothpick inserted in center comes out clean.
- ☐ Remove from oven to cooling rack. In another small bowl, stir powdered sugar, milk and vanilla until thin enough to spread. If powdered sugar mixture is too stiff to spread, add additional milk 1/4 teaspoon at a time. Prick entire surface of warm cake with fork. Carefully pour and spread powdered sugar mixture over warm cake. Cool completely, about 2 hours. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.8378260459589%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 363.42kcal (18.17%), Fat: 12g (18.45%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 59.82g (21.75%), Sugar: 42.76g (47.51%), Cholesterol: 65.86mg (21.95%), Sodium: 344.92mg (15%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.39g (8.78%), Phosphorus: 191.59mg (19.16%), Manganese: 0.36mg (18.05%), Calcium: 137.81mg (13.78%), Vitamin B2: 0.21mg (12.25%), Selenium: 6.93µg (9.89%), Folate: 38.48µg (9.62%), Vitamin B1: 0.14mg (9.33%), Iron: 1.41mg (7.85%), Vitamin K: 6.3µg (6%), Vitamin E: 0.89mg (5.95%), Vitamin B3: 1.1mg (5.51%), Copper: 0.11mg (5.4%), Vitamin B5: 0.51mg (5.08%), Fiber: 1.13g (4.52%), Vitamin B6: 0.08mg (4.12%), Vitamin A: 202.5IU (4.05%), Zinc: 0.59mg (3.94%), Magnesium: 15.08mg (3.77%), Vitamin B12: 0.22µg (3.67%), Potassium: 105.03mg (3%), Vitamin D: 0.31µg (2.05%)