



Honey Twist Coffee Cake

READY IN



185 min.

SERVINGS



18

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 package yeast dry quick
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 0.3 cup butter softened
- 2 tablespoons butter softened
- 1 eggs
- 3 cups flour all-purpose
- 2 tablespoons granulated sugar
- 0.3 cup honey

- 0.5 cup nuts chopped
- 1 teaspoon salt
- 1 cup cream sour
- 0.3 cup water (120°F to 130°F)

Equipment

- bowl
- frying pan
- oven
- hand mixer
- rolling pin

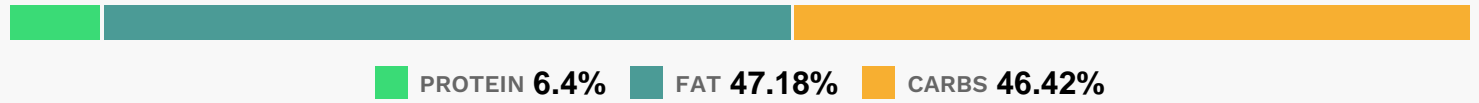
Directions

- In large bowl, mix 1 cup of the flour, the sour cream, granulated sugar, 2 tablespoons butter, the salt and yeast.
- Add warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 3 minutes, scraping bowl frequently. Beat in egg. Stir in enough flour, 1 cup at a time, to make dough easy to handle.
- Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic.
- Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 hour or until double. Dough is ready if indentation remains when touched.
- In ungreased 13x9-inch pan, mix 1/4 cup butter, 1/3 cup brown sugar and 1/4 cup honey; spread evenly in pan. Punch down dough. On floured surface, flatten dough with hands or rolling pin into 24x9-inch rectangle.
- In small bowl, mix all filling ingredients until well blended.
- Spread filling crosswise over half of rectangle to within 1/4 inch of edges of dough; fold crosswise in half. Seal edges; cut rectangle crosswise into 6 (2-inch) strips. Twist each strip loosely; place strips crosswise in pan.
- Let rise until double, about 1 hour.
- Heat oven to 375F.

Bake 20 to 25 minutes or until coffee cake is golden brown. Immediately turn upside down onto heatproof serving plate.

Let stand 1 minute so honey mixture will drizzle over coffee cake.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:14.65, Inflammation Score:-4, Nutrition Score:5.178695657331%

Nutrients (% of daily need)

Calories: 228.66kcal (11.43%), Fat: 12.18g (18.74%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 25.93g (9.43%), Sugar: 9.65g (10.72%), Cholesterol: 16.63mg (5.54%), Sodium: 223.27mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B1: 0.22mg (14.58%), Folate: 51.36µg (12.84%), Selenium: 8.41µg (12.02%), Manganese: 0.23mg (11.48%), Vitamin B2: 0.16mg (9.67%), Vitamin A: 412.19IU (8.24%), Vitamin B3: 1.6mg (8%), Iron: 1.23mg (6.81%), Phosphorus: 59.33mg (5.93%), Copper: 0.09mg (4.56%), Fiber: 1.04g (4.15%), Magnesium: 16.13mg (4.03%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.41mg (2.77%), Calcium: 26.85mg (2.68%), Vitamin E: 0.36mg (2.42%), Potassium: 80.89mg (2.31%), Vitamin B6: 0.04mg (1.99%)