



Junior League of Palo Alto Sour Cream Coffee Cake

READY IN



60 min.

SERVINGS



12

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 ounces butter softened
- ☐ 1.8 cup cake flour sifted
- ☐ 1.5 teaspoons cinnamon
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour (room temp if possible)

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla (JL used)
- ☐ 0.5 cup walnuts chopped (toast and cool before using)

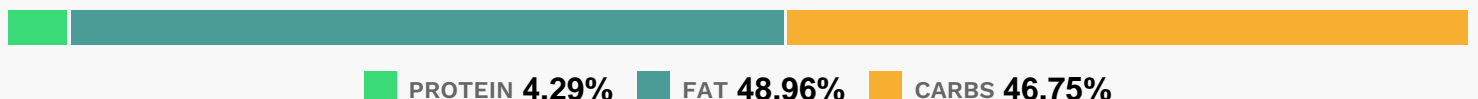
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 10 inch tube pan or spray it with flour-added spray. Prepare nut mixture first. Stir together nuts, brown sugar and cinnamon. Set aside. Sift together the already-sifted cake flour, baking powder and salt and set the flour mixture aside. In a large mixing bowl, cream the butter and sugar using high speed of an electric mixer for about 2 minutes.
- ☐ Add the eggs one at a time, beating for 30 seconds after each egg. Beat in the vanilla, then fold in the sour cream.
- ☐ Add the flour mixture and stir with a mixing spoon (do not beat) into the batter, mixing until incorporated. Spoon about half of the batter into the greased/sprayed pan, then sprinkle a light ring of nut mixture over the batter. Spoon remaining batter over ring, then spoon remaining topping decoratively over top.
- ☐ Bake for 50 minutes to an hour. The Junior League baked theirs for one hour, but mine was most definitely done in 50 minutes.
- ☐ Let cool for 10 minutes in pan.
- ☐ Remove from pan by inverting onto a flat dish, then inverting again onto a rack to finish cooling. When you are ready to serve it, you can transfer it to a nice plate.
- ☐ Serves 12

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:32, Inflammation Score:-4, Nutrition Score:4.9530434738035%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 420.75kcal (21.04%), Fat: 23.43g (36.05%), Saturated Fat: 12.26g (76.6%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 49.45g (17.98%), Sugar: 36.13g (40.15%), Cholesterol: 82.94mg (27.65%), Sodium: 224.49mg (9.76%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 4.62g (9.23%), Manganese: 0.36mg (18.12%), Selenium: 11.16µg (15.95%), Vitamin A: 638.79IU (12.78%), Phosphorus: 77.72mg (7.77%), Copper: 0.12mg (6.23%), Calcium: 60.22mg (6.02%), Vitamin B2: 0.1mg (5.98%), Vitamin E: 0.71mg (4.74%), Folate: 16.46µg (4.12%), Magnesium: 16.02mg (4%), Fiber: 0.9g (3.59%), Zinc: 0.5mg (3.35%), Vitamin B5: 0.32mg (3.24%), Iron: 0.56mg (3.1%), Vitamin B6: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.63%), Vitamin B12: 0.15µg (2.44%), Potassium: 84.7mg (2.42%), Vitamin K: 1.9µg (1.81%), Vitamin B3: 0.28mg (1.38%), Vitamin D: 0.17µg (1.11%)