



## Maple-Nut Streusel Coffee Cake

READY IN



80 min.

SERVINGS



9

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 3 tablespoons butter melted
- 2 eggs beaten
- 1.5 cups flour all-purpose gold medal®
- 1 teaspoon maple extract
- 0.3 cup milk
- 0.5 cup pecans chopped

- 0.5 teaspoon salt
- 8 oz cream sour
- 0.5 cup vegetable oil

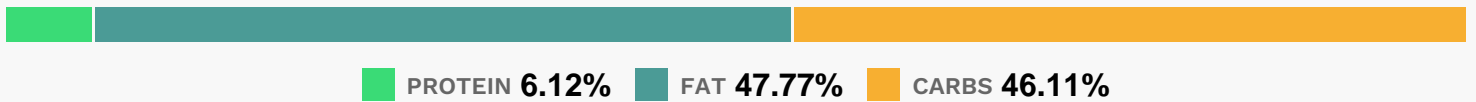
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 350°F. Spray bottom only of 8-inch square pan with cooking spray. In small bowl, mix all streusel ingredients with fork until crumbly; set aside.
- In large bowl, mix all coffee cake ingredients with spoon just until flour is moistened.
- Spread half of the batter in pan.
- Sprinkle with half of the streusel. Drop remaining batter by spoonfuls over streusel; carefully spread over streusel.
- Sprinkle with remaining streusel.
- Bake 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:23.89, Glycemic Load:11.76, Inflammation Score:-4, Nutrition Score:7.084782678148%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,

Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg  
Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg,  
Epigallocatechin 3-gallate: 0.14mg

## **Nutrients (% of daily need)**

Calories: 310.49kcal (15.52%), Fat: 16.78g (25.81%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 36.44g (12.15%),  
Net Carbohydrates: 35.3g (12.84%), Sugar: 19.3g (21.45%), Cholesterol: 52.05mg (17.35%), Sodium: 310.93mg  
(13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Manganese: 0.43mg (21.62%),  
Selenium: 11.58µg (16.54%), Vitamin B1: 0.22mg (14.45%), Vitamin B2: 0.21mg (12.29%), Folate: 45.79µg (11.45%),  
Phosphorus: 96.18mg (9.62%), Calcium: 89.44mg (8.94%), Iron: 1.49mg (8.27%), Vitamin A: 391.09IU (7.82%),  
Vitamin B3: 1.36mg (6.8%), Copper: 0.12mg (6.15%), Vitamin K: 5.16µg (4.91%), Magnesium: 18.33mg (4.58%), Fiber:  
1.14g (4.58%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.64mg (4.28%), Potassium: 128.74mg  
(3.68%), Vitamin B6: 0.06mg (3.05%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.27µg (1.8%)