



WHATSheATE



Maple-Nut Streusel Coffee Cake

READY IN



80 min.

SERVINGS



9

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

- ☐ 0.3 cup milk
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cream sour
- ☐ 0.5 cup vegetable oil

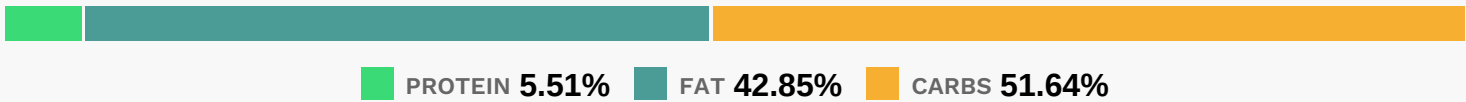
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. 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:33.33, Glycemic Load:13.69, Inflammation Score:-4, Nutrition Score:8.4430434768615%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 390.49kcal (19.52%), Fat: 18.99g (29.22%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 49.97g (18.17%), Sugar: 31.29g (34.76%), Cholesterol: 52.05mg (17.35%), Sodium: 314.42mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Manganese: 0.6mg (30.01%), Selenium: 13.02µg (18.59%), Vitamin B1: 0.26mg (17.6%), Vitamin B2: 0.23mg (13.53%), Folate: 52.94µg (13.23%), Phosphorus: 108.8mg (10.88%), Calcium: 102.22mg (10.22%), Iron: 1.81mg (10.08%), Copper: 0.17mg (8.51%), Vitamin B3: 1.61mg (8.07%), Vitamin A: 392.79IU (7.86%), Fiber: 1.53g (6.12%), Magnesium: 23.86mg (5.96%), Zinc: 0.83mg (5.52%), Vitamin K: 5.27µg (5.02%), Vitamin B5: 0.49mg (4.89%), Potassium: 161.12mg (4.6%), Vitamin E: 0.69mg (4.58%), Vitamin B6: 0.07mg (3.69%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.27µg (1.8%)