



## Maple-Pecan Danish Coffee Cake

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup butter
- 2 tablespoons butter softened
- 3 eggs
- 1 teaspoon peppermint flavoring
- 1 tablespoons milk
- 0.3 cup pecans chopped
- 1.5 cups powdered sugar
- 0.8 cup water

- 2 tablespoons water
- 1 cup frangelico
- 1 cup frangelico

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- blender

## Directions

- Heat oven to 350F. In small bowl, cut 2 tablespoons butter into 1 cup Bisquick mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly.
- Sprinkle with 2 tablespoons water; mix until pastry cleans side of bowl. On ungreased cookie sheet, pat pastry into 11-inch circle.
- In 3-quart saucepan, heat 3/4 cup water and 1/4 cup butter to rolling boil.
- Add 1 teaspoon maple flavor and 1 cup Bisquick mix all at once. Stir vigorously over low heat about 1 1/2 minutes or until mixture forms a ball; remove from heat. Beat in eggs, one at a time; continue beating until smooth.
- Spread egg mixture over pastry.
- Bake 45 to 50 minutes or until topping is crisp and dark golden brown; cool slightly.
- In small bowl, stir glaze ingredients until smooth and thin enough to drizzle.
- Drizzle over coffee cake.
- Sprinkle with pecans.

## Nutrition Facts



PROTEIN 4.71%  FAT 52.39%  CARBS 42.9%

## Properties

Glycemic Index:4.8, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.3360869902308%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 169.56kcal (8.48%), Fat: 10.09g (15.52%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 18.32g (6.66%), Sugar: 17.83g (19.81%), Cholesterol: 49.28mg (16.43%), Sodium: 100.63mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin A: 378.39IU (7.57%), Manganese: 0.13mg (6.36%), Selenium: 4.29µg (6.13%), Vitamin B2: 0.07mg (4.26%), Phosphorus: 37.15mg (3.71%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.24mg (2.39%), Copper: 0.05mg (2.34%), Vitamin B12: 0.13µg (2.23%), Zinc: 0.3mg (2.02%), Vitamin D: 0.28µg (1.87%), Iron: 0.31mg (1.73%), Folate: 6.89µg (1.72%), Vitamin B1: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.49%), Calcium: 14.49mg (1.45%), Magnesium: 5.52mg (1.38%), Fiber: 0.26g (1.05%), Potassium: 35.56mg (1.02%)