



Moist Sour Cream Coffee Cake

READY IN



60 min.

SERVINGS



1

CALORIES



4857 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 tsp baking soda
- 0.3 cup brown sugar packed
- 0.8 cup butter softened
- 1 tsp calumet baking powder
- 1 cup knudsen cream sour
- 2 eggs
- 2 cups flour
- 1.5 cups granulated sugar
- 1.5 tsp ground cinnamon

1 cup planters pecans chopped

1 tsp vanilla

Equipment

bowl

frying pan

oven

knife

wire rack

blender

toothpicks

Directions

Heat oven to 350F.

Stir flour, baking powder and baking soda until blended. Beat granulated sugar, butter and vanilla in large bowl with mixer until light and fluffy.

Add eggs, 1 at a time, beating well after each addition. Beat in flour mixture alternately with sour cream.

Combine nuts, brown sugar and cinnamon; spoon half into greased and floured 12-cup fluted tube pan or 10-inch tube pan; top with half the cake batter. Repeat layers.

Bake 45 to 50 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan with knife. Invert cake onto wire rack; gently remove pan. Cool cake completely.

Nutrition Facts



PROTEIN 4.3% **FAT 47.96%** **CARBS 47.74%**

Properties

Glycemic Index:252.09, Glycemic Load:349.19, Inflammation Score:-10, Nutrition Score:63.049564983534%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 4857.47kcal (242.87%), Fat: 264.78g (407.36%), Saturated Fat: 60.94g (380.85%), Carbohydrates: 593.15g (197.72%), Net Carbohydrates: 574.82g (209.02%), Sugar: 383.92g (426.58%), Cholesterol: 463.06mg (154.35%), Sodium: 2990.3mg (130.01%), Alcohol: 1.44g (100%), Alcohol %: 0.15% (100%), Protein: 53.38g (106.76%), Manganese: 6.96mg (348.01%), Selenium: 126.85µg (181.22%), Vitamin B1: 2.72mg (181.03%), Vitamin A: 8064.89IU (161.3%), Folate: 537.11µg (134.28%), Vitamin B2: 2.28mg (133.99%), Phosphorus: 1047.66mg (104.77%), Iron: 17.36mg (96.43%), Copper: 1.73mg (86.25%), Calcium: 836.66mg (83.67%), Vitamin B3: 16.39mg (81.94%), Fiber: 18.33g (73.34%), Vitamin E: 8.7mg (58.01%), Magnesium: 224.25mg (56.06%), Zinc: 8.26mg (55.05%), Vitamin B5: 4.33mg (43.26%), Potassium: 1281.4mg (36.61%), Vitamin B6: 0.61mg (30.72%), Vitamin B12: 1.44µg (23.94%), Vitamin D: 1.76µg (11.73%), Vitamin K: 9.15µg (8.71%), Vitamin C: 3.65mg (4.42%)