



## Nutty Orange Coffee Cake

READY IN



60 min.

SERVINGS



12

CALORIES



461 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup butter melted (1 stick)
- 24 ounce biscuits refrigerated canned (10 count)
- 1 cup confectioners' sugar sifted
- 8 ounce cream cheese
- 0.8 cup granulated sugar
- 2 tablespoons orange juice fresh
- 2 teaspoons orange zest
- 0.5 cup pecans chopped

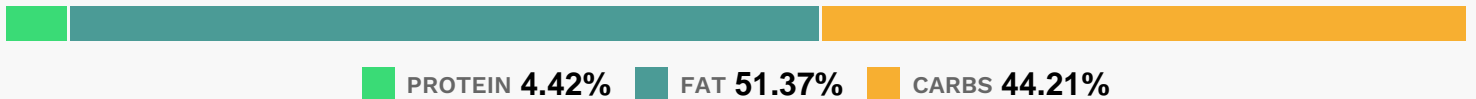
## Equipment

- bowl
- oven
- kugelhopf pan

## Directions

- Preheat the oven to 350 degrees F.
- In a small bowl, combine the granulated sugar, pecans, and zest; set aside. Separate the biscuits.
- Place about 3/4 teaspoon cream cheese in the center of each biscuit. Fold each biscuit in half over the cheese, pressing the edges to seal. Dip the biscuits in melted butter, then dredge in the granulated sugar mixture.
- Place the biscuits, curved-side down, in a single layer in the hollows of a lightly greased 12-cup bundt pan, spacing them evenly (do not stack).
- Place any remaining biscuits around the tube, filling any gaps.
- Drizzle any remaining butter over the biscuits, and sprinkle with any remaining sugar mixture.
- Bake for 35 to 40 minutes, until golden brown. Immediately invert the cake onto a serving platter.
- Combine the confectioners' sugar and orange juice, stirring well; drizzle the glaze over the warm cake.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:22.84, Glycemic Load:26.58, Inflammation Score:-4, Nutrition Score:8.3552173946215%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg,

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0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg,  
Quercetin: 0.01mg, Quercetin: 0.01mg

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

Calories: 460.92kcal (23.05%), Fat: 26.84g (41.3%), Saturated Fat: 10.37g (64.83%), Carbohydrates: 51.99g  
(17.33%), Net Carbohydrates: 50.77g (18.46%), Sugar: 25.36g (28.18%), Cholesterol: 39.99mg (13.33%), Sodium:  
654.63mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Phosphorus: 279.43mg  
(27.94%), Manganese: 0.43mg (21.5%), Vitamin B1: 0.28mg (18.66%), Selenium: 12.69µg (18.13%), Vitamin B2:  
0.22mg (13.15%), Iron: 2.03mg (11.27%), Folate: 43.62µg (10.91%), Vitamin A: 500.93IU (10.02%), Vitamin B3: 1.99mg  
(9.95%), Vitamin E: 1.2mg (7.97%), Copper: 0.11mg (5.4%), Calcium: 52.64mg (5.26%), Potassium: 179.67mg (5.13%),  
Fiber: 1.21g (4.86%), Magnesium: 17.41mg (4.35%), Zinc: 0.59mg (3.9%), Vitamin K: 3.55µg (3.38%), Vitamin B5:  
0.33mg (3.34%), Vitamin B6: 0.05mg (2.44%), Vitamin C: 1.92mg (2.33%), Vitamin B12: 0.14µg (2.28%)