



Overnight Cinnamon-Pecan Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup firmly brown sugar packed
- 0.8 cup butter softened
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon

- 1 teaspoon ground nutmeg
- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream sour

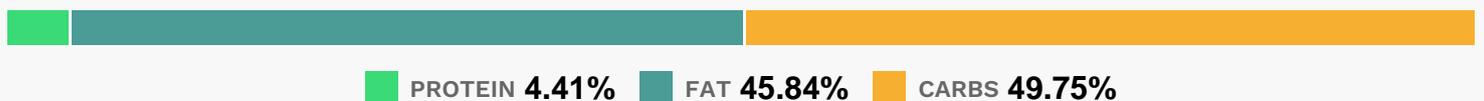
Equipment

- frying pan
- oven
- plastic wrap
- hand mixer

Directions

- Beat butter and granulated sugar at medium speed with an electric mixer until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Combine flour and next 4 ingredients; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Spread batter into a greased and floured 13- x 9-inch pan.
- Stir together brown sugar, pecans, and cinnamon; sprinkle over batter. Cover pan with plastic wrap, and chill 8 to 18 hours.
- Preheat oven to 35
- Bake coffee cake 35 minutes or until a wooden pick inserted in center comes out clean.
- Remove from oven.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.21, Glycemic Load:27.94, Inflammation Score:-5, Nutrition Score:7.5813043208226%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 452.02kcal (22.6%), Fat: 23.53g (36.2%), Saturated Fat: 11.81g (73.84%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 56.11g (20.4%), Sugar: 37.14g (41.27%), Cholesterol: 87.37mg (29.12%), Sodium: 404.29mg (17.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Manganese: 0.47mg (23.68%), Selenium: 13.1µg (18.72%), Vitamin B1: 0.24mg (16.16%), Folate: 53.87µg (13.47%), Vitamin B2: 0.22mg (13.22%), Vitamin A: 626.59IU (12.53%), Iron: 1.69mg (9.37%), Phosphorus: 93.44mg (9.34%), Calcium: 80.32mg (8.03%), Vitamin B3: 1.6mg (8%), Copper: 0.12mg (6.24%), Fiber: 1.35g (5.39%), Vitamin E: 0.68mg (4.56%), Magnesium: 18.02mg (4.5%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.43mg (4.28%), Potassium: 119.74mg (3.42%), Vitamin B6: 0.06mg (2.84%), Vitamin B12: 0.17µg (2.77%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.2µg (1.33%)