



Overnight Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.7 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt

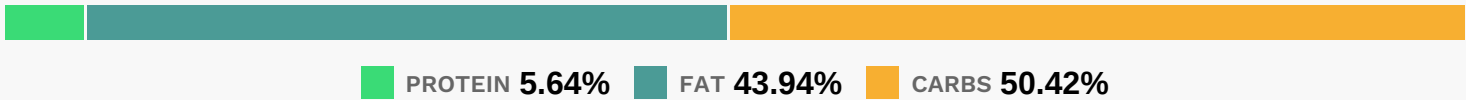
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Combine first 10 ingredients in a large mixing bowl. Beat at low speed of an electric mixer until moistened; beat at medium speed 3 minutes. Spoon batter into a greased and floured 9" x 13" pan. Cover and chill 8 to 12 hours.
- ☐ Combine 1/2 cup brown sugar, pecans, and 1 teaspoon cinnamon; place mixture in an airtight container until you're ready to bake the coffee cake.
- ☐ Preheat the oven to 350
- ☐ Sprinkle batter with brown sugar mixture.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:16.51, Inflammation Score:-3, Nutrition Score:4.9752173937209%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 244.4kcal (12.22%), Fat: 12.16g (18.71%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 30.52g (11.1%), Sugar: 18.1g (20.11%), Cholesterol: 48.25mg (16.08%), Sodium: 272.38mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.31mg (15.41%), Selenium: 8.68µg (12.4%), Vitamin B1: 0.17mg (11.04%), Folate: 35.62µg (8.9%), Vitamin B2: 0.15mg (8.85%), Phosphorus: 63.51mg (6.35%), Vitamin A: 316.95IU (6.34%), Iron: 1.09mg (6.04%), Vitamin B3: 1.06mg (5.3%), Calcium: 52.84mg (5.28%), Copper: 0.08mg (4.05%), Fiber: 0.87g (3.48%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.29mg (2.89%), Magnesium: 11.48mg (2.87%), Vitamin E: 0.38mg (2.53%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.34µg (2.28%), Potassium: 76.55mg (2.19%), Vitamin B6: 0.04mg (1.78%)