



Overnight Lemon Country Coffee Cake

READY IN



550 min.

SERVINGS



15

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup granulated sugar
- 2 eggs
- 12 oz yogurt yoplait®
- 2 teaspoons lemon zest grated
- 2.3 cups flour all-purpose
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 teaspoon baking soda

- 0.8 cup brown sugar packed
- 0.8 cup pecans chopped
- 0.5 teaspoon nutmeg

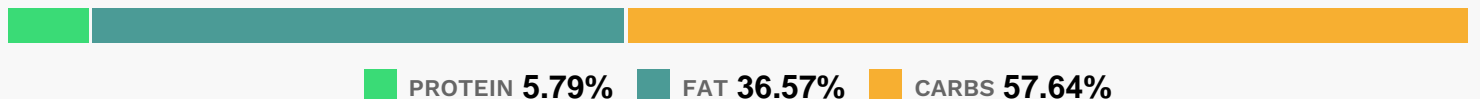
Equipment

- frying pan
- oven
- hand mixer
- toothpicks
- ziploc bags

Directions

- Spray bottom only of 13x9-inch pan with cooking spray. Beat butter and granulated sugar with electric mixer on low speed until light and fluffy.
- Add eggs, one at a time, beating well after each addition.
- Add yogurt, lemon peel, flour, baking powder, salt and baking soda; beat on low speed until smooth.
- Spread batter in pan. Cover and refrigerate at least 8 hours but no longer than 16 hours.
- In small resealable plastic bag, mix brown sugar, pecans and nutmeg. Refrigerate.
- When ready to bake, let coffee cake stand at room temperature while heating oven to 350°F. Uncover coffee cake; sprinkle with brown sugar mixture.
- Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:20.38, Inflammation Score:-4, Nutrition Score:5.8539131050525%

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: 278.89kcal (13.94%), Fat: 11.57g (17.8%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 39.93g (14.52%), Sugar: 25.35g (28.17%), Cholesterol: 24.77mg (8.26%), Sodium: 231.9mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Manganese: 0.39mg (19.51%), Selenium: 9.31µg (13.31%), Vitamin B1: 0.2mg (13.25%), Folate: 41.4µg (10.35%), Vitamin B2: 0.17mg (9.87%), Phosphorus: 80.38mg (8.04%), Calcium: 73.02mg (7.3%), Iron: 1.29mg (7.15%), Vitamin A: 328.05IU (6.56%), Vitamin B3: 1.25mg (6.24%), Copper: 0.11mg (5.34%), Fiber: 1.09g (4.36%), Zinc: 0.6mg (4%), Magnesium: 15.79mg (3.95%), Vitamin B5: 0.33mg (3.32%), Potassium: 105.23mg (3.01%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.14µg (2.39%), Vitamin B6: 0.04mg (2.15%)