



Overnight Lemon Country Coffee Cake

 Dairy Free

READY IN



550 min.

SERVINGS



15

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon nutmeg

- ☐ 12 oz optional: lemon yoplait®
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt

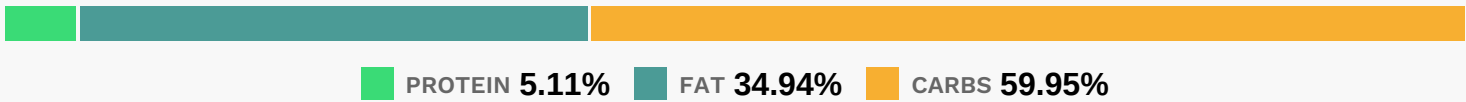
Equipment

- ☐ 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 350F. 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:22.84, Glycemic Load:20.56, Inflammation Score:-4, Nutrition Score:6.2747825643291%

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 Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg Hesperetin: 6.33mg, Hesperetin: 6.33mg, Hesperetin: 6.33mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 271.63kcal (13.58%), Fat: 10.9g (16.77%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 40.35g (14.67%), Sugar: 24.86g (27.63%), Cholesterol: 21.82mg (7.27%), Sodium: 221.92mg (9.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.4mg (19.8%), Vitamin C: 12.44mg (15.08%), Vitamin B1: 0.2mg (13.41%), Selenium: 8.91µg (12.72%), Folate: 42.31µg (10.58%), Vitamin B2: 0.14mg (8.24%), Iron: 1.41mg (7.85%), Fiber: 1.73g (6.9%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 62.46mg (6.25%), Vitamin A: 310.58IU (6.21%), Copper: 0.11mg (5.66%), Calcium: 51.48mg (5.15%), Magnesium: 14.88mg (3.72%), Zinc: 0.48mg (3.2%), Potassium: 101.38mg (2.9%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.69%)