



Pancake Mix Sour Cream Streusel Coffee Cake

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs slightly beaten (see notes on halving)
- ☐ 1.5 tsp ground cinnamon
- ☐ 0.3 cup nuts chopped
- ☐ 2 cups pancake mix (I used Hungry Jack Complete Buttermilk)
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.5 cup sugar

☐ 0.3 cup vegetable oil (Crisco, shortening okay too)

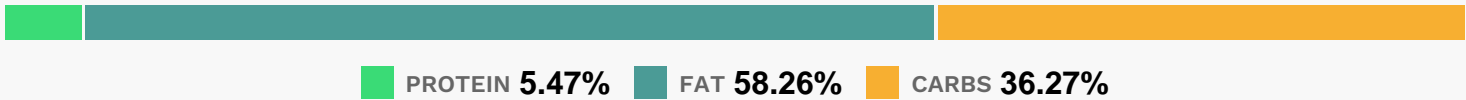
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (175°C). Spray a 9-inch (23 cm) square or round baking pan with non-stick cooking spray or line about 20 to 22 cupcake cups with paper liners. I used square cupcake cups and pushed round liners into them so the cupcakes would bake as squares.
- ☐ Mix pancake mix, brown sugar, 1 teaspoon cinnamon, chopped nuts and butter for topping in a medium bowl until combined. Set aside.
- ☐ Combine pancake mix, sugar and 1 teaspoon cinnamon.
- ☐ Add sour cream, oil and egg. Blend just until dry ingredients are moistened.
- ☐ Spread half the batter into prepared pan, sprinkle with half the topping mixture.
- ☐ Spread with remaining batter and sprinkle with remaining topping. If making as cupcakes, just divide the batter evenly between the muffin cups and spoon topping.
- ☐ Bake 30 to 35 minutes for a full cake or about 20 minutes for cupcakes. Cakes are done when a toothpick inserted in center comes out clean.
- ☐ Serve garnished with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:2.6130434929029%

Nutrients (% of daily need)

Calories: 147.04kcal (7.35%), Fat: 9.75g (15%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.09g (4.76%), Sugar: 8.95g (9.95%), Cholesterol: 31.42mg (10.47%), Sodium: 92.39mg (4.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Phosphorus: 65.77mg (6.58%), Vitamin K: 5.45µg (5.19%), Manganese: 0.1mg (5.16%), Calcium: 48.37mg (4.84%), Vitamin B2: 0.08mg (4.59%), Vitamin A: 189.49IU (3.79%), Selenium: 2.58µg (3.68%), Magnesium: 10.21mg (2.55%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.03mg (2.29%), Fiber: 0.57g (2.27%), Copper: 0.04mg (2.17%), Iron: 0.36mg (1.97%), Folate: 7.88µg (1.97%), Potassium: 64.52mg (1.84%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.58%), Vitamin B3: 0.29mg (1.47%)