



Pecan Pie Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 2 tablespoons butter
- 3 tablespoons butter softened
- 0.3 cup plus light
- 2 ounces cream cheese fat-free
- 0.3 cup brown sugar dark packed
- 1 large eggs

- 1 large eggs beaten
- 1 large egg white
- 5.5 ounces flour all-purpose
- 0.8 cup granulated sugar
- 0.8 cup nonfat buttermilk
- 0.3 cup pecans finely chopped
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

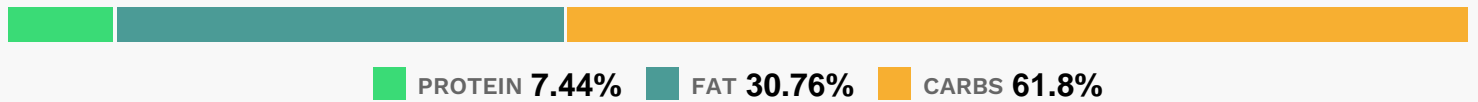
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- microwave
- skewers
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, place granulated sugar, 3 tablespoons butter, and cream cheese in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- Add egg and egg white, 1 at a time, beating well after each addition. Beat in vanilla. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt, stirring well with a whisk.

- Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
- Pour batter into a 9-inch round cake pan coated with cooking spray.
- Bake at 350 for 30 minutes or until wooden pick inserted in center comes out clean.
- Remove cake from oven. Reduce oven temperature to 32
- To prepare topping, combine syrup, brown sugar, and 2 tablespoons butter in a 4-cup glass measure. Microwave at high 1 minute. Stir with a whisk until butter melts.
- Whisk in pecans and beaten egg.
- Using a wooden skewer, poke holes in top of warm cake.
- Pour pecan mixture over top of cake. Return cake to oven; bake at 325 for 10 minutes. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:36.61, Glycemic Load:20.81, Inflammation Score:-2, Nutrition Score:4.9743478298187%

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: 272.84kcal (13.64%), Fat: 9.53g (14.66%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 42.3g (15.38%), Sugar: 30.53g (33.93%), Cholesterol: 53.29mg (17.76%), Sodium: 236.6mg (10.29%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 5.19g (10.37%), Manganese: 0.28mg (13.96%), Selenium: 9.74µg (13.91%), Vitamin B1: 0.16mg (10.66%), Vitamin B2: 0.16mg (9.56%), Folate: 36.41µg (9.1%), Phosphorus: 83.16mg (8.32%), Iron: 1.07mg (5.97%), Calcium: 52.63mg (5.26%), Vitamin B3: 1mg (4.99%), Vitamin A: 233.97IU (4.68%), Copper: 0.08mg (4%), Zinc: 0.55mg (3.66%), Vitamin B5: 0.32mg (3.22%), Fiber: 0.77g (3.08%), Magnesium: 11.49mg (2.87%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.33mg (2.19%), Potassium: 76.57mg (2.19%), Vitamin B6: 0.04mg (1.85%), Vitamin D: 0.2µg (1.33%)