



WHATSheATE



Pecan Pineapple Coffee Cake



Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



1 tablespoon double-acting baking powder



1 teaspoon baking soda



0.3 cup brown sugar



0.3 cup canola oil



1 large eggs



2 cups flour all-purpose



0.3 cup pecans chopped



0.3 cup reserved pineapple juice

- ☐ 1.5 cups pineapple tidbits in juice drained
- ☐ 1 cup yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

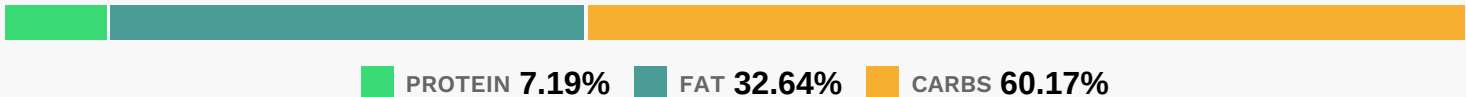
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8-inch square baking dish.
- ☐ Combine flour, white sugar, 1/4 cup brown sugar, baking powder, baking soda, and salt in a bowl.
- ☐ Whisk egg, yogurt, canola oil, and vanilla extract in another bowl until smooth. Stir flour mixture into egg mixture until just blended.
- ☐ Add 1/3 cup reserved pineapple juice and fold in pineapple tidbits until batter is just mixed; pour into prepared baking dish.
- ☐ Stir pecans and remaining 1/4 cup brown sugar in a small bowl; sprinkle over batter.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool on a wire rack.
- ☐ Serve warm or completely cool.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:30.47, Inflammation Score:-4, Nutrition Score:12.07304337232%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 414.71kcal (20.74%), Fat: 15.24g (23.44%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 60.85g (22.13%), Sugar: 29.26g (32.51%), Cholesterol: 36.31mg (12.1%), Sodium: 623.2mg (27.1%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.55g (15.1%), Vitamin B1: 0.44mg (29.35%), Manganese: 0.57mg (28.35%), Selenium: 18.17µg (25.96%), Folate: 89.43µg (22.36%), Calcium: 200.08mg (20.01%), Vitamin B2: 0.33mg (19.13%), Phosphorus: 162.29mg (16.23%), Iron: 2.71mg (15.07%), Vitamin B3: 2.76mg (13.78%), Vitamin E: 1.85mg (12.32%), Copper: 0.2mg (10.11%), Fiber: 2.36g (9.44%), Vitamin C: 7.13mg (8.64%), Magnesium: 32.46mg (8.11%), Vitamin K: 7.5µg (7.14%), Potassium: 242.17mg (6.92%), Zinc: 0.92mg (6.16%), Vitamin B6: 0.12mg (5.83%), Vitamin B5: 0.53mg (5.28%), Vitamin B12: 0.23µg (3.75%), Vitamin A: 118.2IU (2.36%), Vitamin D: 0.21µg (1.38%)