



Pecan-Streusel Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



448 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2.8 teaspoons baking soda
- ☐ 0.7 cup t brown sugar dark packed ()
- ☐ 2 large eggs
- ☐ 1.3 cups brown sugar packed ()
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 0.5 cup pecans toasted coarsely chopped

- ☐ 12 servings greek yogurt plain 2% greek-style
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup frangelico reduced-fat

Equipment

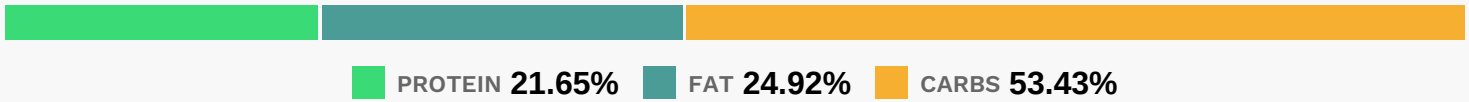
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ offset spatula
- ☐ cheesecloth

Directions

- ☐ Combine brown sugar, flour, and cinnamon in medium bowl.
- ☐ Add melted butter; toss with fork to blend. Using fingertips, rub mixture together until small clumps form.
- ☐ Mix in pecans. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Position rack in center of oven and preheat to 350°F. Butter 9x9x2-inch metal baking pan.
- ☐ Combine flour, baking soda, nutmeg, and salt in medium bowl; whisk to blend. Using electric mixer, beat brown sugar, butter, and vanilla in large bowl until well blended, about 2 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition and scraping down sides of bowl occasionally.
- ☐ Add half of flour mixture; beat just until blended.
- ☐ Add yogurt; beat just until blended. Beat in remaining flour mixture just until blended.

- ☐ Spoon half of batter into prepared baking pan; spread evenly.
- ☐ Sprinkle half of streusel evenly over batter. Spoon remaining batter in dollops over streusel, then spread evenly over with offset spatula.
- ☐ Sprinkle remaining streusel evenly over top.
- ☐ Bake cake until streusel topping is brown and tester inserted into center of cake comes out clean, about 45 minutes. Cool cake in pan on rack 30 minutes.
- ☐ Cut into squares and serve slightly warm or at room temperature.
- ☐ * A thick yogurt; sold at some supermarkets and at specialty foods stores and Greek markets. If unavailable, spoon regular yogurt into cheesecloth-lined strainer set over large bowl. Cover and refrigerate overnight to drain.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:11.55, Inflammation Score:-4, Nutrition Score:13.434347855332%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 447.55kcal (22.38%), Fat: 12.44g (19.14%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 60.01g (20%), Net Carbohydrates: 58.95g (21.44%), Sugar: 42.46g (47.17%), Cholesterol: 61.34mg (20.45%), Sodium: 443.32mg (19.27%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 24.32g (48.64%), Selenium: 30.12µg (43.03%), Vitamin B2: 0.71mg (41.88%), Phosphorus: 326.62mg (32.66%), Calcium: 267.04mg (26.7%), Vitamin B12: 1.49µg (24.84%), Manganese: 0.4mg (19.98%), Vitamin B1: 0.24mg (15.95%), Folate: 57.73µg (14.43%), Potassium: 385.38mg (11.01%), Zinc: 1.53mg (10.17%), Vitamin B5: 0.98mg (9.76%), Magnesium: 36.49mg (9.12%), Iron: 1.64mg (9.09%), Vitamin B6: 0.18mg (8.79%), Vitamin B3: 1.76mg (8.78%), Copper: 0.14mg (7.03%), Vitamin A: 292.21IU (5.84%), Fiber: 1.06g (4.24%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.31µg (2.06%)