

Polish Cream Cheese Coffee Cake

 Vegetarian

READY IN



70 min.

SERVINGS



15

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 16 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup pecans chopped

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

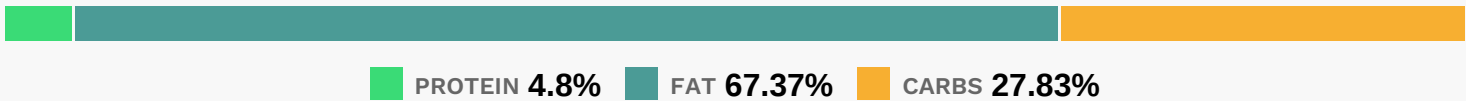
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat 1 cup white sugar, 1/2 cup butter, and 1 egg in a bowl until smooth.
- ☐ Add sour cream and vanilla extract; mix well. Stir in 3 cups flour, baking soda, and baking powder until mixture comes together in a sticky dough.
- ☐ Spread half the dough evenly into prepared baking dish.
- ☐ Beat cream cheese, 1/2 cup white sugar, and 1 egg in another bowl until smooth. Spoon mixture into baking dish over dough. Drop remaining half of dough by spoonfuls over cream cheese mixture.
- ☐ Mix pecans, brown sugar, 1/3 cup flour, and 1/3 cup butter in a bowl until mixture resembles a coarse crumble; sprinkle over dough.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:6.72, Inflammation Score:-4, Nutrition Score:3.8308695438115%

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: 266.22kcal (13.31%), Fat: 20.41g (31.4%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 18.55g (6.74%), Sugar: 15.63g (17.36%), Cholesterol: 61.35mg (20.45%), Sodium: 239.73mg (10.42%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.28g (6.55%), Vitamin A: 645.58IU (12.91%), Manganese: 0.19mg (9.69%), Vitamin B2: 0.13mg (7.67%), Selenium: 5.33µg (7.61%), Calcium: 72.48mg (7.25%), Phosphorus: 70.24mg (7.02%), Vitamin B1: 0.06mg (3.82%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.33mg (3.28%), Copper: 0.06mg (3.1%), Zinc: 0.43mg (2.88%), Folate: 11.13µg (2.78%), Potassium: 92.54mg (2.64%), Magnesium: 10.48mg (2.62%), Iron: 0.4mg (2.23%), Vitamin B12: 0.13µg (2.22%), Vitamin B6: 0.04mg (2.01%), Fiber: 0.42g (1.7%), Vitamin B3: 0.26mg (1.31%), Vitamin K: 1.36µg (1.3%)