



Pumpkin Crunch Coffee Cake

 Gluten Free

READY IN



35 min.

SERVINGS



9

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.7 cup milk
- ☐ 1 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup pumpkin pie filling/mix plain canned (not pumpkin)
- ☐ 17.5 oz pumpkin pie spice
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 teaspoon pumpkin pie spice

- ☐ 2 tablespoons butter cold
- ☐ 2 cups frangelico

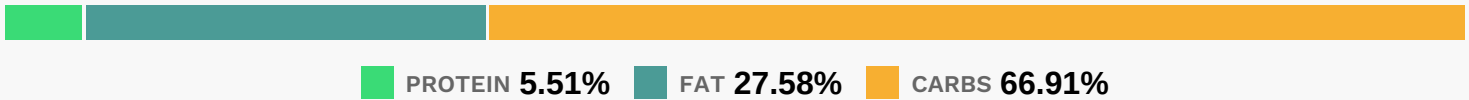
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ butter knife

Directions

- ☐ Heat oven to 400°F. Grease 8-inch square pan with shortening or cooking spray.
- ☐ In medium bowl, stir together Bisquick mix, milk, egg, granulated sugar and 1 teaspoon pumpkin pie spice until well blended.
- ☐ Pour half of the batter into pan.
- ☐ Spread pumpkin pie mix over batter; pour remaining batter on top.
- ☐ In small bowl, mix all topping ingredients with fork until crumbly.
- ☐ Sprinkle over batter; lightly drag butter knife through topping to mix with top layer of batter.
- ☐ Bake 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:20.741739065751%

Nutrients (% of daily need)

Calories: 302.05kcal (15.1%), Fat: 10.59g (16.3%), Saturated Fat: 5.73g (35.78%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 47.14g (17.14%), Sugar: 15.75g (17.5%), Cholesterol: 27.04mg (9.01%), Sodium: 127.33mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Manganese: 8.91mg (445.28%), Iron: 11.38mg

(63.24%), Vitamin A: 2767.43IU (55.35%), Fiber: 10.69g (42.76%), Calcium: 421.45mg (42.14%), Magnesium: 83.7mg (20.92%), Vitamin C: 14.01mg (16.99%), Vitamin K: 16.02µg (15.26%), Copper: 0.3mg (14.81%), Vitamin B6: 0.29mg (14.6%), Potassium: 454.21mg (12.98%), Phosphorus: 107.88mg (10.79%), Selenium: 7.47µg (10.67%), Zinc: 1.54mg (10.24%), Vitamin B2: 0.16mg (9.42%), Vitamin E: 1.2mg (8.01%), Vitamin B3: 1.39mg (6.94%), Folate: 26.27µg (6.57%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (1.98%)