



WHATSheATE



Pumpkin Crunch Coffee Cake



Gluten Free



Popular

READY IN



35 min.

SERVINGS



9

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

- ☐ 0.3 cup pumpkin pie spice (from 17.5-oz pouch)
- ☐ 2 cups frangelico
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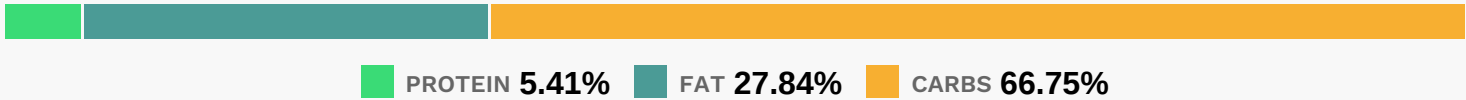
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:7.0534784275553%

Nutrients (% of daily need)

Calories: 124.92kcal (6.25%), Fat: 4.07g (6.26%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 18.92g (6.88%), Sugar: 11.73g (13.04%), Cholesterol: 27.04mg (9.01%), Sodium: 100.4mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin A: 2632.25IU (52.65%), Manganese: 0.7mg (34.99%), Fiber: 3.02g (12.1%), Calcium: 68.23mg (6.82%), Iron: 1.18mg (6.53%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.5mg (4.98%), Phosphorus: 46.77mg (4.68%), Vitamin B6: 0.08mg (4.25%), Selenium: 2.65µg (3.79%), Folate: 13.84µg (3.46%), Magnesium: 13.26mg (3.32%), Potassium: 110.84mg (3.17%), Vitamin B12: 0.15µg (2.44%), Vitamin C: 1.89mg (2.3%), Copper: 0.05mg (2.28%), Zinc: 0.31mg (2.06%), Vitamin D: 0.3µg (1.98%), Vitamin B1: 0.02mg (1.45%), Vitamin E: 0.2mg (1.35%), Vitamin K: 1.31µg (1.25%), Vitamin B3: 0.23mg (1.13%)