



Seattle Coffee Mug Cake

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 12 servings butter for pan
- ☐ 1 box cinnamon swirl coffee cake mix 1-pound, 14-ounces recommended: Pillsbury
- ☐ 7 dinner rolls sweet recommended: King's Hawaiian
- ☐ 3 eggs
- ☐ 12 servings flour for pan
- ☐ 1 teaspoon espresso grounds instant
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil

- ☐ 0.8 cup water hot
- ☐ 1 cup milk whole

Equipment

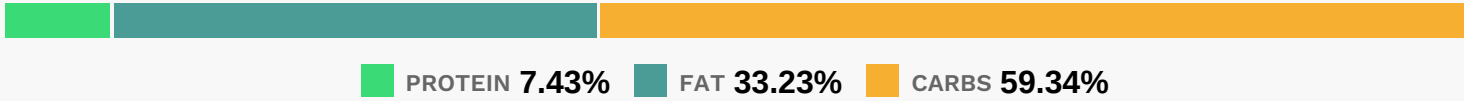
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ skewers
- ☐ kugelhkopf pan
- ☐ chopsticks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Butter and flour a 10-cup bundt pan or square baking dish. Slice 1-inch off tops of rolls. Tear tops into 1-inch pieces; set aside.
- ☐ Place bottoms of rolls, cut side up, in prepared pan.
- ☐ Combine coffee cake batter mix (reserve cinnamon swirl packet), water, instant espresso, oil, and 2 eggs in a large bowl. Beat until well blended.
- ☐ Pour half of batter over rolls.
- ☐ Sprinkle with contents of cinnamon swirl packet.
- ☐ Whisk remaining 1 egg, milk, and sugar in another bowl to blend.
- ☐ Add reserved roll tops to milk mixture; set aside until milk mixture is absorbed.
- ☐ Pour bread mixture over cake batter in pan, and then pour remaining batter over. Using a skewer or wooden chopstick, swirl batters together.

- ☐ Bake for 45 minutes, or until a toothpick inserted near the center of cake comes out clean. Cool cake in pan on a cooling rack for 25 minutes. Invert cake onto cooling rack; remove pan.
- ☐ Place cake right side up on a platter and serve warm. For a cute presentation, serve slices in coffee mugs.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:5.2, Inflammation Score:-3, Nutrition Score:9.690434611362%

Nutrients (% of daily need)

Calories: 364.12kcal (18.21%), Fat: 13.54g (20.83%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 52.77g (19.19%), Sugar: 20.58g (22.86%), Cholesterol: 54.11mg (18.04%), Sodium: 486.43mg (21.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Selenium: 18.35µg (26.22%), Phosphorus: 223.15mg (22.31%), Manganese: 0.4mg (20.07%), Vitamin B1: 0.28mg (18.47%), Calcium: 172.57mg (17.26%), Vitamin B2: 0.28mg (16.43%), Folate: 64.25µg (16.06%), Vitamin B3: 2.55mg (12.73%), Iron: 2.28mg (12.65%), Vitamin K: 10.66µg (10.15%), Vitamin E: 1.08mg (7.22%), Fiber: 1.63g (6.52%), Vitamin B5: 0.5mg (5.01%), Magnesium: 19.7mg (4.92%), Zinc: 0.71mg (4.72%), Copper: 0.09mg (4.7%), Vitamin A: 217.29IU (4.35%), Vitamin B12: 0.22µg (3.6%), Vitamin B6: 0.07mg (3.29%), Potassium: 113.43mg (3.24%), Vitamin D: 0.44µg (2.96%)