



Skinny Streusel Coffee Cake

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons flour whole wheat
- ☐ 0.3 cup pecans chopped toasted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon canola oil
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup flour whole wheat
- ☐ 0.8 cup brown sugar packed

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 1 egg whites
- ☐ 0.8 cup cream fat-free sour
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9-inch square pan with cooking spray. In small bowl, mix streusel ingredients with fork until crumbly; set aside.
- ☐ In large bowl, mix flours, 3/4 cup brown sugar, the baking powder, baking soda and salt. Stir in remaining coffee cake ingredients until well blended.
- ☐ Spoon half of batter in pan, spreading evenly.
- ☐ Sprinkle 1/2 cup of the streusel evenly over batter. Drop remaining batter by spoonfuls over streusel; carefully spread.
- ☐ Sprinkle with remaining streusel.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool about 1 hour.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:5.85, Inflammation Score:-2, Nutrition Score:5.5056521442273%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 236.98kcal (11.85%), Fat: 8.62g (13.27%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 36.5g (13.27%), Sugar: 22.53g (25.04%), Cholesterol: 14.93mg (4.98%), Sodium: 214.24mg (9.31%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.38g (6.76%), Manganese: 0.49mg (24.48%), Selenium: 10.12µg (14.46%), Vitamin B1: 0.14mg (9.34%), Vitamin E: 1.15mg (7.69%), Phosphorus: 71.24mg (7.12%), Vitamin B2: 0.12mg (6.78%), Calcium: 65.51mg (6.55%), Folate: 26.08µg (6.52%), Iron: 1.06mg (5.87%), Fiber: 1.28g (5.11%), Vitamin B3: 1mg (5%), Magnesium: 18.8mg (4.7%), Copper: 0.09mg (4.68%), Vitamin K: 4.45µg (4.24%), Zinc: 0.5mg (3.33%), Potassium: 105.04mg (3%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.08µg (1.3%), Vitamin A: 58.95IU (1.18%)