



Sour Cream Coffee Cake

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



624 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 2 large eggs at room temperature
- ☐ 2 cups flour all-purpose plus more for coating the pan
- ☐ 1.3 cups granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 1.3 cups pecans raw
- ☐ 0.5 teaspoon salt fine

- ☐ 1 cup cream sour at room temperature
- ☐ 8 ounces butter unsalted plus more for coating the pan at room temperature
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ stand mixer
- ☐ spatula

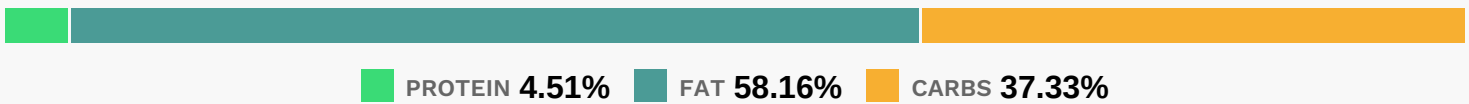
Directions

- ☐ Place the pecans in the bowl of a food processor fitted with a blade attachment and pulse until coarsely chopped, about 4 to 5 (1-second) pulses.
- ☐ Heat the oven to 325°F and arrange a rack in the middle. Coat a 9-by-9-inch metal baking pan with butter and dust with flour, tapping out the excess; set aside. Sift the measured flour, baking powder, baking soda, and salt into a medium bowl and set aside.
- ☐ Place the butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium-high speed until lightened in color and fluffy, about 3 minutes.
- ☐ Add the eggs 1 at a time, letting the first completely incorporate before adding the second. Stop the mixer and scrape down the sides of the bowl and paddle with a rubber spatula.
- ☐ Add the sour cream and vanilla, turn the mixer to medium speed, and continue beating until just incorporated, about 1 minute. Stop the mixer and scrape down the sides of the bowl and paddle. Turn the mixer to low speed and slowly add in the flour mixture.
- ☐ Mix until just incorporated.

- ☐
- Spread half of the batter in the prepared pan.

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Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:39.34, Inflammation Score:-6, Nutrition Score:12.181739094465%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg

Nutrients (% of daily need)

Calories: 624.05kcal (31.2%), Fat: 41.32g (63.56%), Saturated Fat: 18.87g (117.91%), Carbohydrates: 59.67g (19.89%), Net Carbohydrates: 56.81g (20.66%), Sugar: 33.05g (36.72%), Cholesterol: 124.41mg (41.47%), Sodium: 460.93mg (20.04%), Alcohol: 0.26g (100%), Alcohol %: 0.22% (100%), Protein: 7.2g (14.41%), Manganese: 1.1mg (54.76%), Vitamin B1: 0.36mg (23.99%), Selenium: 16.59µg (23.7%), Vitamin A: 966.68IU (19.33%), Vitamin B2: 0.3mg (17.45%), Folate: 69.1µg (17.28%), Phosphorus: 147.12mg (14.71%), Copper: 0.26mg (12.78%), Iron: 2.27mg (12.61%), Fiber: 2.86g (11.44%), Calcium: 112.93mg (11.29%), Vitamin B3: 2.09mg (10.45%), Zinc: 1.22mg (8.16%), Magnesium: 31.43mg (7.86%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.59mg (5.94%), Potassium: 163.08mg (4.66%), Vitamin D: 0.68µg (4.5%), Vitamin B6: 0.08mg (4.09%), Vitamin B12: 0.22µg (3.66%), Vitamin K: 3.4µg (3.24%)