



Sour Cream Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 1 cup cream sour reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnut pieces chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients; set aside.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well-blended (about 5 minutes).
- ☐ Add egg whites, 1 at a time, beating well after each addition. Beat in sour cream and vanilla. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring well with a whisk. Gradually add flour mixture to sugar mixture; beat well.
- ☐ Spread half of batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Sprinkle half of walnut streusel over batter.
- ☐ Spread remaining batter over streusel. Top with remaining streusel.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool the cake on a wire rack.

Nutrition Facts



 **PROTEIN 5.74%**  **FAT 27.7%**  **CARBS 66.56%**

Properties

Glycemic Index:26.01, Glycemic Load:21.82, Inflammation Score:-2, Nutrition Score:4.4739130268926%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 246.09kcal (12.3%), Fat: 7.7g (11.85%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 41.64g (13.88%), Net Carbohydrates: 40.81g (14.84%), Sugar: 25.77g (28.63%), Cholesterol: 16.88mg (5.63%), Sodium: 282.09mg (12.26%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.59g (7.18%), Manganese: 0.27mg (13.7%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.16mg (10.64%), Folate: 38.33µg (9.58%), Vitamin B2: 0.15mg (8.59%), Calcium: 64.47mg (6.45%), Iron: 1.07mg (5.97%), Vitamin B3: 1.14mg (5.7%), Phosphorus: 51.59mg (5.16%), Copper: 0.08mg (3.81%), Vitamin A: 182.52IU (3.65%), Fiber: 0.83g (3.33%), Magnesium: 11.64mg (2.91%), Potassium: 95.53mg (2.73%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.09µg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin E: 0.2mg (1.35%), Vitamin B5: 0.12mg (1.23%)