



Sour Cream Coffee Cake II



Vegetarian



Popular

READY IN



55 min.

SERVINGS



15

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups sugar white

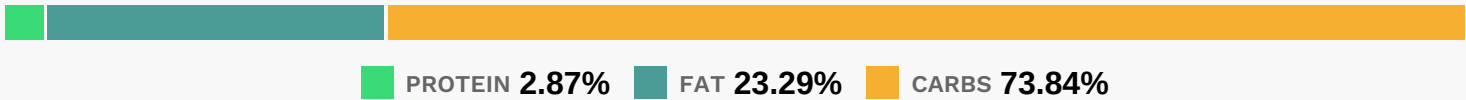
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a large bowl, cream together 1 cup butter and white sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream and vanilla.
- ☐ Mix in 2 cups flour, baking powder, and salt.
- ☐ Spread 1/2 of batter in the prepared pan.
- ☐ Prepare the filling: In a medium bowl mix 1/3 cup flour, brown sugar, 2 tablespoons melted butter, and cinnamon.
- ☐ Sprinkle cake batter with 1/2 the filling.
- ☐ Spread second half of batter over the filling, and top with remaining filling.
- ☐ Bake 35 to 40 minutes in the preheated oven, or until a toothpick inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:20.22, Inflammation Score:-1, Nutrition Score:1.7913043505472%

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 5.16g (7.94%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 36.68g (13.34%), Sugar: 34.3g (38.11%), Cholesterol: 34.88mg (11.63%), Sodium: 75.13mg (3.27%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 1.43g (2.86%), Selenium: 3.58µg (5.12%), Calcium: 43.02mg (4.3%), Vitamin B2: 0.07mg (4.25%), Vitamin A: 174.25IU (3.48%), Phosphorus: 32.95mg (3.29%), Manganese: 0.05mg (2.59%), Folate: 8.9µg (2.22%), Iron: 0.35mg (1.94%), Vitamin B1: 0.03mg (1.82%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.09µg (1.46%), Potassium: 41.8mg (1.19%), Vitamin E: 0.17mg (1.12%), Vitamin B6: 0.02mg (1.04%), Zinc: 0.15mg (1.03%)