



Sour Cream Coffee Cake with Pears and Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.8 cups flour
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 3 large eggs
- 0.8 cup brown sugar packed ()
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon zest grated

- 1.5 cups pears peeled
- 6 ounces pecans
- 0.5 teaspoon salt
- 0.5 cup cream sour
- 1 cup sugar
- 1 cup butter unsalted room temperature (2 sticks)
- 1 teaspoon vanilla extract
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

Directions

- Blend first 4 ingredients in processor until nuts are coarsely chopped.
- Add butter; using on/off turns, blend until coarse crumbs form.
- Preheat oven to 350°F. Butter and flour 13x9x2-inch metal baking pan. Sift flour, baking powder, salt, and baking soda into medium bowl. Using electric mixer, beat butter in large bowl until fluffy. Gradually add both sugars and beat until well blended. Beat in eggs, 1 at a time, then lemon peel and vanilla. Blend sour cream and milk in small bowl. Beat in sour cream mixture alternately with dry ingredients in 3 additions each.
- Spread half of cake batter in prepared pan.
- Sprinkle half of topping over; cover with pears.
- Spread remaining batter over; sprinkle with remaining topping.
- Bake until top is brown and tester inserted into center comes out clean, about 50 minutes. Cool cake completely in pan on rack. (Can be made 1 day ahead. Cover and store at room temperature.)

Nutrition Facts

PROTEIN 5.09% FAT 50.32% CARBS 44.59%

Properties

Glycemic Index:27.24, Glycemic Load:28.76, Inflammation Score:-5, Nutrition Score:10.876086934753%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 510.49kcal (25.52%), Fat: 29.29g (45.06%), Saturated Fat: 12.19g (76.19%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 55.52g (20.19%), Sugar: 33.5g (37.22%), Cholesterol: 94.04mg (31.35%), Sodium: 244.67mg (10.64%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 6.66g (13.32%), Manganese: 0.89mg (44.41%), Vitamin B1: 0.33mg (22.3%), Selenium: 15.12µg (21.6%), Folate: 64.14µg (16.03%), Vitamin B2: 0.26mg (15.44%), Phosphorus: 134.76mg (13.48%), Vitamin A: 629.95IU (12.6%), Copper: 0.25mg (12.52%), Iron: 2.15mg (11.94%), Fiber: 2.87g (11.46%), Calcium: 102.5mg (10.25%), Vitamin B3: 1.95mg (9.73%), Magnesium: 30.5mg (7.63%), Zinc: 1.12mg (7.5%), Vitamin E: 0.86mg (5.7%), Vitamin B5: 0.56mg (5.6%), Potassium: 181.38mg (5.18%), Vitamin B6: 0.09mg (4.32%), Vitamin D: 0.65µg (4.3%), Vitamin B12: 0.22µg (3.64%), Vitamin K: 3.06µg (2.91%), Vitamin C: 1.33mg (1.61%)