



Sour Cream Coffeecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 10 tablespoon butter softened
- ☐ 4 ounces cream cheese fat-free block-style
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 2 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup walnuts coarsely chopped

Equipment

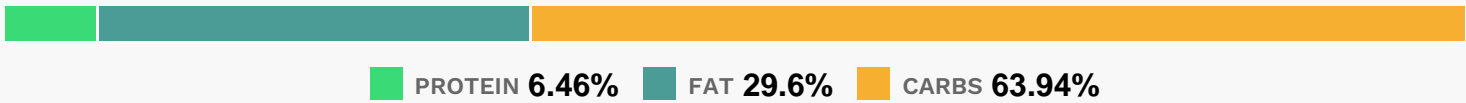
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhpf pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, combine first 3 ingredients in a small bowl; set aside.
- ☐ To prepare cake, beat 2 cups sugar, butter, and cream cheese at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add egg whites and egg, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (flour through salt), stirring well with a whisk.
- ☐ Add flour mixture to sugar mixture alternately with sour cream, beginning and ending with flour mixture. Stir in vanilla.

- ☐ Spoon half of batter into bottom of a 12-cup Bundt pan coated with cooking spray; sprinkle with streusel. Spoon remaining batter over streusel; spread evenly.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Note: We also tested this cake substituting 1 cup light butter (such as Land O Lakes) for 10 tablespoons regular butter. Because the total fat was slightly lower using light butter, we discovered we could increase the walnuts from 1/4 cup to 1/2 cup and still have about the same amount of calories and fat.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:28.32, Inflammation Score:-3, Nutrition Score:4.4273912465281%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 265.76kcal (13.29%), Fat: 8.91g (13.7%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 42.69g (15.53%), Sugar: 28.79g (31.99%), Cholesterol: 32.58mg (10.86%), Sodium: 222.01mg (9.65%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 4.37g (8.75%), Selenium: 8.54µg (12.2%), Manganese: 0.19mg (9.74%), Vitamin B2: 0.16mg (9.48%), Vitamin B1: 0.14mg (9.29%), Folate: 36.35µg (9.09%), Phosphorus: 85.66mg (8.57%), Calcium: 60.04mg (6%), Vitamin A: 276.68IU (5.53%), Iron: 0.89mg (4.95%), Vitamin B3: 0.98mg (4.91%), Copper: 0.06mg (3.11%), Zinc: 0.4mg (2.66%), Magnesium: 10.45mg (2.61%), Vitamin B12: 0.16µg (2.61%), Fiber: 0.61g (2.44%), Potassium: 77.48mg (2.21%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.46%)