



Sour Cream Pumpkin Coffee Cake



Vegetarian



Popular

READY IN



45 min.

SERVINGS



9

CALORIES



509 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted ()
- ☐ 2 teaspoons cinnamon
- ☐ 1 eggs lightly beaten ()
- ☐ 3 eggs
- ☐ 1 cup flour

- ☐ 0.3 teaspoon ginger
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup nuts chopped
- ☐ 3 cups pumpkin puree
- ☐ 1 cup rolled oats
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat

Equipment

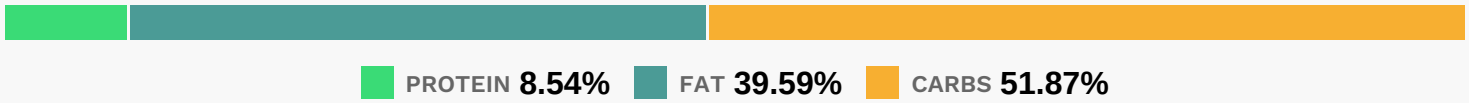
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Mix the flours, baking powder and soda in a bowl.
- ☐ Cream the butter and sugar in another bowl.
- ☐ Mix the vanilla extract and eggs into the butter and sugar.
- ☐ Mix 1/2 of the dry ingredients into the wet followed by 1/2 of the sour cream and repeat.
- ☐ Mix the pumpkin puree, egg, sugar and spices in yet another bowl.
- ☐ Mix the flour, rolled oats, brown sugar, cinnamon and butter until they form crumbs.
- ☐ Mix the nuts into the streusel.
- ☐ Pour half of the batter into a greased 8x8x2 inch baking dish for a thicker cake as seen above or a 9x13x1.5+ for a thinner cake.
- ☐ Sprinkle on half of the streusel.¹
- ☐ Pour the pumpkin mixture on next.¹
- ☐ Pour the remaining batter on top.¹

- ☐
- Sprinkle on the remaining streusel.1
- ☐
- Bake in a preheated 350F until a toothpick pushed in to the center comes out clean, about 45–60 minutes for the 8x8x2 inch baking dish or 35–45 minutes for a 9x13x1.5+ baking dish.

Nutrition Facts



Properties

Glycemic Index:49.64, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:21.453043678532%

Nutrients (% of daily need)

Calories: 508.91kcal (25.45%), Fat: 23.2g (35.69%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 68.37g (22.79%), Net Carbohydrates: 61.6g (22.4%), Sugar: 33.16g (36.85%), Cholesterol: 105.9mg (35.3%), Sodium: 272.55mg (11.85%), Alcohol: 0.15g (100%), Alcohol %: 0.09% (100%), Protein: 11.26g (22.52%), Vitamin A: 13189.66IU (263.79%), Manganese: 1.5mg (75.01%), Selenium: 23.26µg (33.22%), Fiber: 6.77g (27.08%), Phosphorus: 269.04mg (26.9%), Magnesium: 96.37mg (24.09%), Copper: 0.44mg (21.75%), Iron: 3.86mg (21.45%), Vitamin B1: 0.28mg (18.85%), Vitamin B2: 0.32mg (18.68%), Folate: 63.26µg (15.82%), Vitamin K: 14.71µg (14.01%), Vitamin B3: 2.71mg (13.56%), Calcium: 133.59mg (13.36%), Potassium: 456.29mg (13.04%), Zinc: 1.88mg (12.54%), Vitamin B5: 1.19mg (11.91%), Vitamin B6: 0.22mg (10.87%), Vitamin E: 1.51mg (10.1%), Vitamin C: 3.75mg (4.54%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.39µg (2.61%)