



Sour Cream Rhubarb Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups rhubarb chopped

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

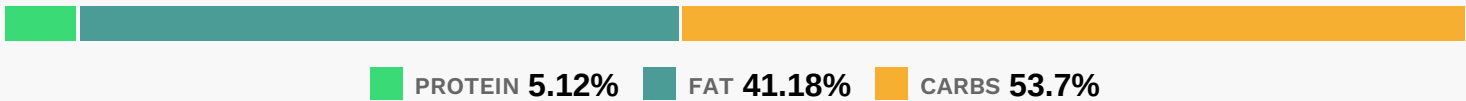
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Whisk flour, baking soda, and baking powder in a bowl. Beat butter and brown sugar with an electric mixer in a separate large bowl until smooth, and stir in sour cream, egg, and vanilla extract, mixing well. Stir flour mixture into sour cream mixture just until incorporated; pour batter into prepared baking dish.
- ☐ Spread rhubarb over batter.
- ☐ Mix white sugar with cinnamon in a small bowl and sprinkle the cinnamon sugar over the rhubarb.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:13.98, Inflammation Score:-3, Nutrition Score:4.2365217934484%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 207.5kcal (10.37%), Fat: 9.61g (14.78%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 27.41g (9.97%), Sugar: 14.56g (16.18%), Cholesterol: 36.23mg (12.08%), Sodium: 161.93mg (7.04%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.69g (5.38%), Selenium: 7.5µg (10.72%), Vitamin B1: 0.14mg (9.25%), Folate: 34.24µg (8.56%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.13mg (7.68%), Vitamin A: 317.25IU (6.34%), Calcium: 57.95mg (5.8%), Iron: 0.96mg (5.35%), Vitamin K: 5.61µg (5.34%), Vitamin B3: 1.06mg (5.31%), Phosphorus: 45.75mg (4.57%), Fiber: 0.78g (3.11%), Potassium: 100.33mg (2.87%), Vitamin E: 0.32mg (2.13%), Magnesium: 8.46mg (2.11%), Vitamin B5: 0.2mg (2.02%), Copper: 0.04mg (1.83%), Vitamin C: 1.44mg (1.75%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.3%), Vitamin B12: 0.07µg (1.19%)