



Spiced Apple Coffee Cake

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



438 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cream sour

- ☐ 2 cups braeburn apple peeled chopped (2 medium)
- ☐ 6 tablespoons butter softened
- ☐ 0.5 cup pecans toasted chopped

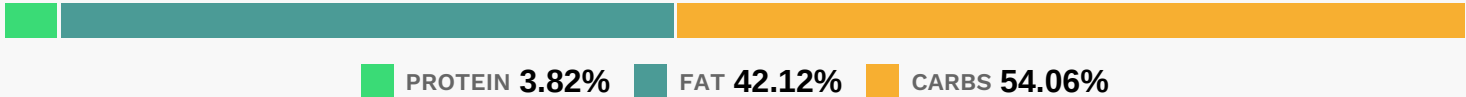
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease 9-inch square pan with shortening or cooking spray. In large bowl, beat 1 1/2 cups of the brown sugar and 1/2 cup butter with electric mixer on medium speed 2 minutes or until creamy. Beat in egg. In small bowl, mix 2 cups of the flour, the baking powder, allspice and salt with whisk. On low speed, add flour mixture to butter mixture, beating just until blended; fold in sour cream and apples.
- ☐ Spread batter in pan.
- ☐ In small bowl, mix remaining 1/2 cup brown sugar and 1/2 cup flour. Stir in 6 tablespoons butter with fork until mixture looks like fine crumbs. Stir in pecans.
- ☐ Sprinkle crumb topping over batter.
- ☐ Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 1 hour.
- ☐ Serve slightly warm.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:15.26, Inflammation Score:-5, Nutrition Score:7.1956521790961%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 437.63kcal (21.88%), Fat: 20.94g (32.21%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 58.8g (21.38%), Sugar: 38.65g (42.95%), Cholesterol: 60.18mg (20.06%), Sodium: 260.25mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 0.42mg (21.05%), Selenium: 11.44µg (16.34%), Vitamin B1: 0.24mg (16.28%), Folate: 53.06µg (13.26%), Vitamin B2: 0.19mg (11.42%), Vitamin A: 563.53IU (11.27%), Iron: 1.74mg (9.66%), Calcium: 84.61mg (8.46%), Vitamin B3: 1.68mg (8.41%), Phosphorus: 77.53mg (7.75%), Fiber: 1.68g (6.7%), Copper: 0.12mg (6.1%), Magnesium: 18.54mg (4.64%), Potassium: 152.01mg (4.34%), Vitamin E: 0.61mg (4.06%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.52%), Vitamin B6: 0.06mg (2.97%), Vitamin K: 2.14µg (2.04%), Vitamin B12: 0.1µg (1.67%), Vitamin C: 1.24mg (1.51%)