



## Sticky Bun Coffee Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



682 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup firmly brown sugar light packed
- 0.5 cup butter melted
- 32.6 ounce biscuits refrigerated canned
- 0.5 cup dates whole pitted finely chopped
- 0.5 cup apricots dried finely chopped
- 0.5 cup figs dried finely chopped
- 2 tablespoons ground cinnamon
- 0.5 cup orange juice

- 0.5 cup pecans toasted chopped
- 1 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup water

## Equipment

- frying pan
- sauce pan
- oven
- kugelhopf pan

## Directions

- Stir together first 7 ingredients in a large saucepan. Bring to a boil; reduce heat and simmer, uncovered, 25 minutes or until fruit is tender and mixture is thick and syrupy. Discard cinnamon stick. Stir in pecans and vanilla.
- Pour mixture into a greased 12-cup Bundt pan; set aside.
- Combine sugar and ground cinnamon in a shallow dish.
- Cut biscuits into fourths, using kitchen shears. Dip biscuit pieces in melted butter; dredge in sugar mixture.
- Layer biscuits loosely over fruit mixture in pan.
- Bake at 350 for 35 to 40 minutes. Carefully invert cake onto a platter.
- Drizzle any remaining glaze over cake.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:31.85, Glycemic Load:48.03, Inflammation Score:-6, Nutrition Score:15.01391323753%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 682.25kcal (34.11%), Fat: 28.55g (43.92%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 104.13g (34.71%), Net Carbohydrates: 99.74g (36.27%), Sugar: 57.53g (63.93%), Cholesterol: 0.92mg (0.31%), Sodium: 986.12mg (42.87%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 7.16g (14.31%), Manganese: 0.98mg (48.83%), Phosphorus: 433.3mg (43.33%), Vitamin B1: 0.45mg (30.29%), Selenium: 18.44µg (26.34%), Iron: 3.91mg (21.73%), Folate: 72.76µg (18.19%), Vitamin B2: 0.31mg (17.96%), Vitamin B3: 3.57mg (17.84%), Fiber: 4.39g (17.57%), Vitamin A: 676.15IU (13.52%), Potassium: 470.06mg (13.43%), Vitamin E: 2mg (13.35%), Copper: 0.22mg (11.23%), Calcium: 107.07mg (10.71%), Magnesium: 37.34mg (9.33%), Vitamin C: 6.53mg (7.91%), Vitamin K: 6.05µg (5.77%), Zinc: 0.83mg (5.54%), Vitamin B6: 0.1mg (5.09%), Vitamin B5: 0.5mg (5.01%), Vitamin B12: 0.14µg (2.35%)