



## Streusel Coffee Cake

 Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup pancake mix
- 0.3 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 2 tablespoons butter firm
- 2 cups pancake mix
- 0.7 cup water
- 2 tablespoons sugar
- 1 eggs

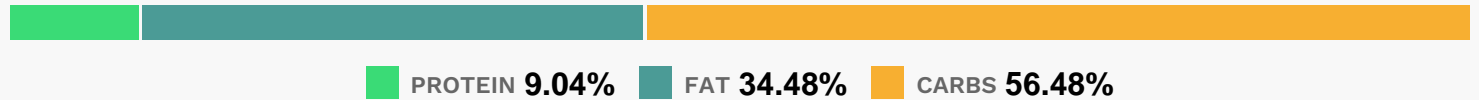
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 375°F. Grease 9-inch round pan. In small bowl, stir streusel ingredients until crumbly; set aside.
- In medium bowl, mix coffee cake ingredients until blended.
- Spread in pan.
- Sprinkle with streusel.
- Bake 18 to 22 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:7.51, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:3.0200000155879%

## Nutrients (% of daily need)

Calories: 129.9kcal (6.5%), Fat: 5.02g (7.72%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 17.86g (6.49%), Sugar: 9.53g (10.59%), Cholesterol: 37.9mg (12.63%), Sodium: 188.71mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Phosphorus: 104.66mg (10.47%), Calcium: 76.11mg (7.61%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.43µg (6.33%), Vitamin B1: 0.06mg (4.2%), Vitamin A: 200.04IU (4%), Manganese: 0.07mg (3.3%), Folate: 13.1µg (3.27%), Iron: 0.53mg (2.96%), Fiber: 0.63g (2.52%), Vitamin B12: 0.15µg (2.42%), Vitamin B5: 0.23mg (2.33%), Potassium: 77.84mg (2.22%), Vitamin B6: 0.04mg (2.14%), Magnesium: 8.16mg (2.04%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.29mg (1.93%), Copper: 0.02mg (1.2%)