



## Streusel Coffee Cake Mix

 Vegetarian

READY IN



10 min.

SERVINGS



27

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 tablespoons double-acting baking powder
- 0.8 cup brown sugar packed
- 1 tablespoon butter melted
- 1 eggs beaten
- 3 tablespoons flour all-purpose
- 1 tablespoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup milk

- 1.5 cups pecans chopped
- 1.5 teaspoons salt
- 2.3 cups sugar
- 0.3 cup vegetable oil

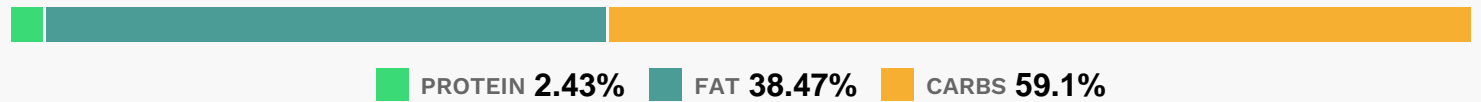
## Equipment

- bowl

## Directions

- In a large bowl, combine coffee cake mix ingredients; set aside.
- Combine the first four streusel ingredients; add pecans. Store both mixes in separate airtight containers in a cool dry place for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:15.19, Glycemic Load:12.43, Inflammation Score:-1, Nutrition Score:2.6969565272979%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 7.17g (11.03%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 24.02g (8.74%), Sugar: 23.04g (25.6%), Cholesterol: 7.72mg (2.57%), Sodium: 232.71mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.34mg (16.81%), Calcium: 71.51mg (7.15%), Phosphorus: 45.54mg (4.55%), Copper: 0.08mg (4.03%), Vitamin K: 4.07µg (3.88%), Vitamin B1: 0.05mg (3.32%), Fiber: 0.77g (3.07%), Magnesium: 9.26mg (2.32%), Zinc: 0.33mg (2.2%), Iron: 0.4mg (2.2%), Vitamin E: 0.29mg (1.92%), Selenium: 1.29µg (1.84%), Vitamin B2: 0.03mg (1.71%), Potassium: 44.88mg (1.28%), Vitamin B6: 0.02mg (1.08%), Vitamin B5: 0.11mg (1.07%)