



Streusel-Spiced Coffee Cake

 Vegetarian

READY IN



51 min.

SERVINGS



12

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 tsp nutmeg grated

- ☐ 0.5 teaspoon nutmeg grated
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.8 cup butter unsalted softened

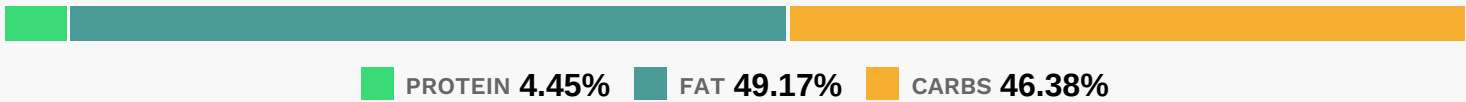
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add granulated sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add sour cream, mixing well.
- ☐ Combine flour and next 5 ingredients; add to butter mixture, beating well.
- ☐ Spread batter into a greased and floured 13" x 9" pan.
- ☐ Combine brown sugar, pecans, 1/2 tsp. cinnamon, and 1/4 to 1/2 tsp. nutmeg in a small bowl.
- ☐ Sprinkle evenly over batter. Cover and refrigerate 8 hours.
- ☐ Uncover; bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:23.37, Inflammation Score:-4, Nutrition Score:7.5356522008129%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 407.84kcal (20.39%), Fat: 22.86g (35.17%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 47.01g (17.1%), Sugar: 31.12g (34.58%), Cholesterol: 72.81mg (24.27%), Sodium: 282.56mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Manganese: 0.58mg (29.2%), Selenium: 11.09µg (15.84%), Vitamin B1: 0.23mg (15.46%), Folate: 45.86µg (11.46%), Vitamin B2: 0.19mg (11.36%), Vitamin A: 524.42IU (10.49%), Phosphorus: 97.62mg (9.76%), Calcium: 88.8mg (8.88%), Iron: 1.55mg (8.61%), Copper: 0.16mg (8%), Vitamin B3: 1.38mg (6.92%), Fiber: 1.51g (6.03%), Magnesium: 20.48mg (5.12%), Zinc: 0.75mg (5.01%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.4mg (3.96%), Potassium: 117.98mg (3.37%), Vitamin B6: 0.06mg (2.83%), Vitamin D: 0.38µg (2.53%), Vitamin B12: 0.14µg (2.31%), Vitamin K: 1.71µg (1.63%)