



Sweet Potato-Caramel Twist Coffee Cake

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup butter
- 0.5 cup brown sugar packed
- 0.3 cup plus
- 0.5 cup pecans chopped
- 0.7 cup sweet potatoes and into mashed
- 0.3 cup milk
- 2 tablespoons butter softened
- 3 tablespoons brown sugar packed

2.5 cups frangelico

Equipment

frying pan

oven

Directions

Heat oven to 400°F. Melt 1/3 cup butter in ungreased square pan, 9x9x2 inches, in oven. Stir in 1/2 cup brown sugar and the corn syrup.

Sprinkle with pecans.

Mix Bisquick mix, sweet potatoes and milk until dough forms a ball. Turn dough onto surface dusted with Bisquick mix. Knead lightly 10 times.

Roll or pat into 12-inch square.

Spread 2 tablespoons butter over dough.

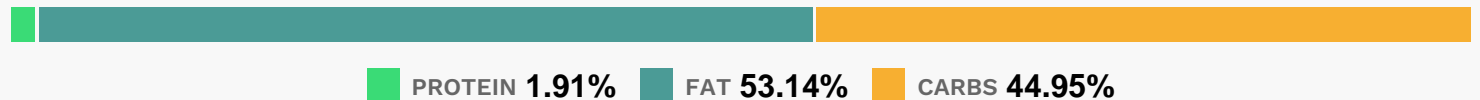
Sprinkle 3 tablespoons brown sugar over butter. Fold dough into thirds; press edges together to seal.

Cut crosswise into twelve 1-inch strips. Twist ends of each strip in opposite directions. Arrange twists on pecans in pan.

Bake 25 to 30 minutes or until golden brown. Immediately turn upside down onto heatproof serving plate; leave pan over coffee cake 1 minute.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:3.1243478189344%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,

Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
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Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 170.26kcal (8.51%), Fat: 10.46g (16.09%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 19.9g (6.63%), Net
Carbohydrates: 19.25g (7%), Sugar: 18.07g (20.08%), Cholesterol: 0.81mg (0.27%), Sodium: 95.92mg (4.17%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin A: 1370.8IU (27.42%), Manganese:
0.23mg (11.57%), Copper: 0.07mg (3.57%), Vitamin B1: 0.04mg (2.97%), Calcium: 27.35mg (2.73%), Fiber: 0.66g
(2.63%), Phosphorus: 25.37mg (2.54%), Magnesium: 9.58mg (2.4%), Vitamin E: 0.35mg (2.36%), Potassium:
73.57mg (2.1%), Zinc: 0.29mg (1.94%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.15mg (1.47%), Iron: 0.25mg (1.37%),
Vitamin B2: 0.02mg (1.35%)