



Texas Praline Coffee Cake

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups baking mix bisquick® (such as)
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter softened
- ☐ 1 cup butter shortening melted flavored
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 0.3 cup graham cracker crumbs
- ☐ 2 tablespoons coffee granules instant

- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

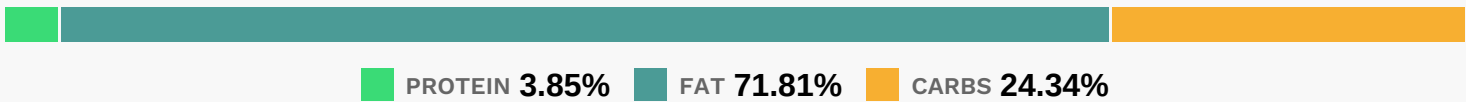
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease and flour a 10 inch square cake pan.
- ☐ Mix baking mix, 1/2 cup brown sugar, 3/4 cup chopped pecans, and the instant coffee granules in a large bowl.
- ☐ Whisk together the egg, shortening, buttermilk, and vanilla in a separate large bowl. Stir the dry ingredients into the wet ingredients, mixing just until completely moistened.
- ☐ Pour batter into prepared pan.
- ☐ Mix remaining 1/4 cup brown sugar, 1/4 cup chopped pecans, and the graham cracker crumbs in a small bowl.
- ☐ Sprinkle topping evenly over batter.
- ☐ Bake in preheated oven until a toothpick inserted in the center comes out clean, about 20 to 25 minutes. Immediately dot top of cake with softened butter.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:5.4586956491289%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 333.31kcal (16.67%), Fat: 26.87g (41.34%), Saturated Fat: 8.17g (51.09%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 19.79g (7.2%), Sugar: 8.3g (9.23%), Cholesterol: 28.27mg (9.42%), Sodium: 326.36mg (14.19%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 26.17mg (8.72%), Protein: 3.25g (6.49%), Phosphorus: 155.94mg (15.59%), Vitamin K: 10.89µg (10.37%), Vitamin B1: 0.15mg (9.92%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.15mg (8.85%), Vitamin E: 1.27mg (8.48%), Folate: 29.45µg (7.36%), Calcium: 70.43mg (7.04%), Vitamin B3: 1.27mg (6.33%), Selenium: 3.81µg (5.45%), Iron: 0.85mg (4.7%), Vitamin B5: 0.46mg (4.65%), Magnesium: 14.55mg (3.64%), Vitamin B12: 0.22µg (3.59%), Vitamin A: 175.75IU (3.52%), Copper: 0.07mg (3.51%), Potassium: 114.98mg (3.29%), Fiber: 0.7g (2.79%), Zinc: 0.4mg (2.64%), Vitamin D: 0.34µg (2.29%), Vitamin B6: 0.04mg (1.93%)