



Toffee Macadamia Nut Coffee Cake

READY IN



105 min.

SERVINGS



8

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.7 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 cup milk
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 0.3 cup toffee chips english
- ☐ 0.3 cup coconut flakes flaked

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0.3 cup macadamia nuts chopped

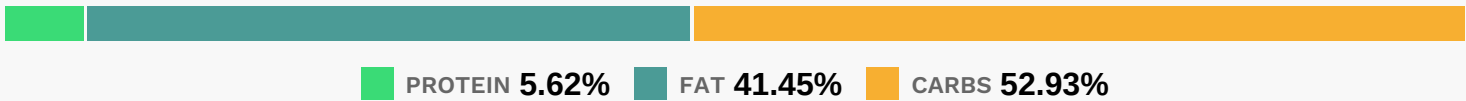
Equipment

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

Directions

- ☐ Heat oven to 350° F. Grease bottom and sides of 9-inch or 8-inch square pan with shortening.
- ☐ In large bowl, beat all ingredients except toffee bits, coconut and nuts with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in 2 tablespoons of the toffee bits.
- ☐ Pour into pan.
- ☐ Sprinkle remaining 2 tablespoons toffee bits, the coconut and nuts over batter.
- ☐ Bake 32 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:17.63, Inflammation Score:-5, Nutrition Score:7.7330434231654%

Nutrients (% of daily need)

Calories: 356.87kcal (17.84%), Fat: 16.68g (25.66%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 46.43g (16.88%), Sugar: 26.64g (29.6%), Cholesterol: 31.81mg (10.6%), Sodium: 377.4mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.17%), Manganese: 0.44mg (22%), Vitamin B1: 0.28mg (18.46%), Selenium: 12.05µg (17.21%), Calcium: 130.07mg (13.01%), Folate: 51.39µg (12.85%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 110.44mg (11.04%), Vitamin A: 502.61IU (10.05%), Iron: 1.81mg (10.04%), Vitamin B3:

1.72mg (8.6%), Fiber: 1.5g (5.99%), Copper: 0.1mg (5.23%), Magnesium: 20.59mg (5.15%), Potassium: 146.44mg (4.18%), Vitamin B5: 0.41mg (4.1%), Vitamin B12: 0.23µg (3.85%), Vitamin B6: 0.07mg (3.44%), Zinc: 0.5mg (3.34%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.45µg (2.97%)