

## Walnut Coffee Cake

READY IN



45 min.

SERVINGS



16

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 10 tablespoon butter softened
- ☐ 0.8 cup brown sugar dark packed
- ☐ 0.8 cup egg substitute
- ☐ 14.5 ounces flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups nonfat buttermilk

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped

## Equipment

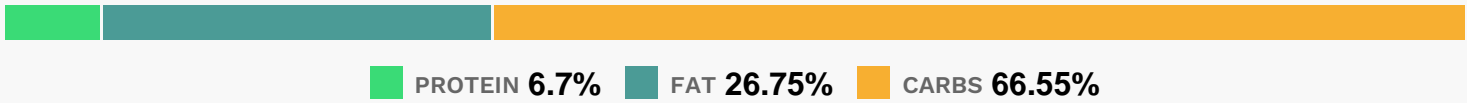
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

## Directions

- ☐ Preheat oven to 35
- ☐ Combine brown sugar, walnuts, and cinnamon in a small bowl. Set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, baking powder, and salt in a medium bowl, stirring well with a whisk.
- ☐ Combine sugar and butter in a large bowl; beat with a mixer at medium-high speed until well combined (about 3 minutes).
- ☐ Add egg substitute; beat 3 minutes or until combined. Beat in vanilla.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture, beating well after each addition and scraping sides of bowl. Spoon half of batter into a 10-inch Bundt pan coated with cooking spray.
- ☐ Sprinkle half of brown sugar mixture evenly over batter; spoon remaining half of batter into pan. Top with remaining brown sugar mixture.

Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:19.51, Glycemic Load:27.38, Inflammation Score:-3, Nutrition Score:5.7199999690056%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 9g (13.84%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 49.44g (17.98%), Sugar: 30.22g (33.58%), Cholesterol: 19.26mg (6.42%), Sodium: 302.36mg (13.15%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 5.07g (10.15%), Selenium: 13.8µg (19.72%), Vitamin B1: 0.22mg (14.93%), Manganese: 0.29mg (14.45%), Folate: 51.58µg (12.89%), Vitamin B2: 0.18mg (10.64%), Iron: 1.61mg (8.94%), Vitamin B3: 1.58mg (7.89%), Phosphorus: 52.37mg (5.24%), Vitamin A: 244.83IU (4.9%), Calcium: 44.18mg (4.42%), Copper: 0.09mg (4.25%), Fiber: 0.92g (3.7%), Vitamin B5: 0.34mg (3.37%), Magnesium: 12.47mg (3.12%), Vitamin E: 0.42mg (2.78%), Zinc: 0.38mg (2.54%), Potassium: 79.36mg (2.27%), Vitamin B6: 0.04mg (2.21%), Vitamin D: 0.18µg (1.2%)