

Cinnamon Swirl Coffeecake



PREPARATION TIME: 20-25 minutes

MAKES: 3 (10 inch) cakes or 48 servings

BAKE TIME: 50-60 minutes

INGREDIENT	MEASUREMENT	METRIC
cake flour	9 cups	1233 grams
baking powder	3 tablespoons	41 grams
baking soda	2-1/4 teaspoons	10 grams
unsalted butter	1-1/2 cups	336 grams
SPLENDA® No Calorie Sweetener Granular	4 cups	96 grams
egg	3 eggs	150 grams
egg substitute	3/4 cup	188 grams
vanilla	2 tablespoons	26 grams
unsweetened applesauce	1-1/2 cups	366 grams
light sour cream	4-1/2 cups	1116 grams
brown sugar	9 tablespoons	124 grams
cinnamon	6 tablespoons	41 grams

PREHEAT oven to 350°F. Grease three 10-inch tube pans (angel food pan) or nonstick bundt pans with cooking spray. Set aside.

SIFT the cake flour, baking powder, and soda into a mixing bowl. In a large mixing bowl, cream the butter with an electric mixer. Add SPLENDA® Granular and whole eggs and beat until smooth. Incorporate the egg substitute and vanilla. Add applesauce and half of the sour cream. Beat until smooth. Add the sifted flour mixture and beat at medium speed just until smooth. Add remaining sour cream and blend just until incorporated and batter is uniform. Set aside.

INSTRUCTIONS TO PREPARE FILLING

PLACE 1/4 of cake batter in a small bowl. Add brown sugar and cinnamon. Stir well.

PLACE 1/2 of the remaining cake batter into prepared pans. Top with filling. Swirl with knife. Top with remaining batter.

BAKE in preheated 350°F oven 50-60 minutes or until a toothpick inserted near the center comes out clean.

NUTRITION INFORMATION PER SERVING

Serving Size: 1 slice (1/16 of cake)

Total Calories	210	Sodium	180mg
Calories from Fat	70	Total Carbohydrate	28g
Total Fat	8g	Dietary Fiber	0g
Saturated Fat	5g	Sugars	5g
Cholesterol	35mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 26% reduction in calories, a 33% reduction in carbohydrates, and a 75% reduction in sugar!

DIETARY EXCHANGES

2 Starches
1 Fat

