



Apple Breakfast Kuchen

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups apples chopped
- 0.5 cup firmly brown sugar packed
- 1 Tbsp calumet baking powder
- 2 eggs
- 1 cup milk fat-free
- 1.5 cups flour
- 1 tsp ground cinnamon
- 0.3 cup oil

- 0.3 tsp salt
- 0.5 cup creamy wheat cereal hot uncooked (enriched farina) (1-min., 2-)

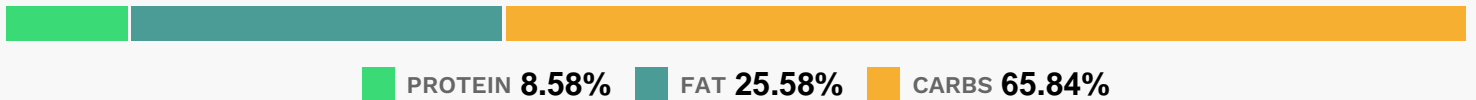
Equipment

- oven
- hand mixer
- toothpicks
- cake form

Directions

- Preheat oven to 350F. Beat brown sugar and oil with electric mixer on medium speed until well blended.
- Add flour, cereal, baking powder, cinnamon, salt, eggs and milk; beat on medium speed 1 min. Stir in apples.
- Spread batter in greased 9-inch round cake pan; sprinkle evenly with Crumb Topping.
- Bake 35 to 40 min. or until toothpick inserted in center comes out clean.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:2.4252173822859%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 42.73kcal (2.14%), Fat: 1.26g (1.94%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.8g (2.47%), Sugar: 2.88g (3.2%), Cholesterol: 6.09mg (2.03%), Sodium: 50.83mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin D: 1.91µg (12.74%), Folate: 25.54µg (6.39%), Iron: 0.89mg (4.96%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (2.98%), Calcium: 27.1mg (2.71%), Selenium: 1.76µg (2.52%), Phosphorus: 23.87mg (2.39%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.31mg (2.05%), Fiber: 0.5g (2%), Vitamin B12: 0.11µg (1.81%), Manganese: 0.04mg (1.75%), Vitamin B6: 0.03mg (1.62%), Vitamin E: 0.21mg (1.38%)