



Apple-Raisin Streusel Kuchen

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 5 cups rome apple peeled chopped (4 large)
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons light-colored corn syrup
- ☐ 0.3 cup egg substitute
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 2 tablespoons granulated sugar divided
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.8 cup buttermilk low-fat
- ☐ 2.5 tablespoons butter chilled
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 2.5 tablespoons vegetable oil

Equipment

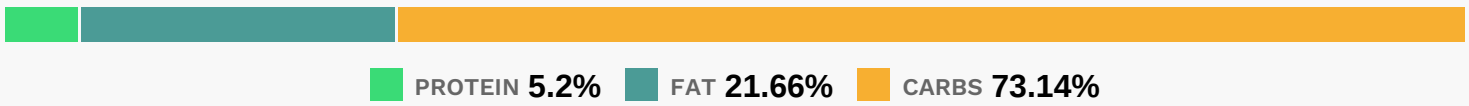
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 47
- ☐ Arrange apples in a single layer on a jelly-roll pan coated with cooking spray, and sprinkle with 1 tablespoon granulated sugar.
- ☐ Bake at 475 for 8 minutes, stirring well.

- ☐ Sprinkle with 1 tablespoon granulated sugar; bake an additional 7 minutes or until apples are slightly soft. Cool.
- ☐ Reduce the oven temperature to 37
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine with next 6 ingredients (flour through 1/8 teaspoon nutmeg).
- ☐ Combine buttermilk, egg substitute, oil, and rind, stirring well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Gently fold in apples and raisins. Spoon mixture into a 10-inch springform pan coated with cooking spray; place pan on a baking sheet.
- ☐ Combine brown sugar, 3 tablespoons flour, 1/2 teaspoon cinnamon, and 1/4 teaspoon nutmeg; cut in margarine and corn syrup with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Sprinkle evenly over batter in pan.
- ☐ Bake at 375 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:64.2, Glycemic Load:23.69, Inflammation Score:-3, Nutrition Score:6.2973912539689%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 280.59kcal (14.03%), Fat: 6.98g (10.74%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 50.36g (18.31%), Sugar: 28.83g (32.03%), Cholesterol: 0.72mg (0.24%), Sodium: 219.46mg

(9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Selenium: 10.21µg (14.58%), Vitamin B1: 0.2mg (13.26%), Vitamin B2: 0.19mg (11.03%), Manganese: 0.22mg (10.84%), Fiber: 2.67g (10.7%), Folate: 42.63µg (10.66%), Iron: 1.52mg (8.44%), Calcium: 75.99mg (7.6%), Vitamin K: 7.76µg (7.39%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 67.85mg (6.79%), Potassium: 206.89mg (5.91%), Vitamin C: 3.88mg (4.7%), Vitamin E: 0.63mg (4.17%), Copper: 0.08mg (3.98%), Vitamin A: 188.54IU (3.77%), Magnesium: 14.31mg (3.58%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.34mg (2.25%), Vitamin B12: 0.06µg (1.06%)