



## Apple Sour Cream Streusel Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

### Ingredients

- 2 apples cored peeled sliced
- 2 tablespoons apple jelly
- 0.3 teaspoon double-acting baking powder
- 0.8 cup brown sugar packed
- 2 tablespoons butter softened
- 3 eggs
- 0.5 cup flour all-purpose
- 2 teaspoons ground cinnamon

- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped
- 1 cup sugar white

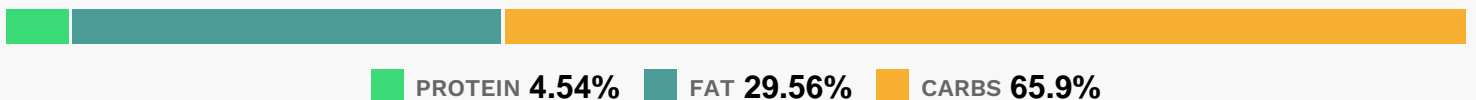
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- In a large bowl, cream 3/4 cup butter or margarine with the granulated sugar. Beat in the eggs, then the sour cream and vanilla. In another bowl, stir together the 3 cups flour, salt, and baking powder. Beat into the creamed mixture.
- Turn half the batter into a greased and floured tube pan.
- Sprinkle with half the streusel mixture.
- Mix together 1/2 cup flour, 1/4 teaspoon baking powder, ground cinnamon, brown sugar, 2 tablespoons butter or margarine, and 1/4 cup chopped walnuts until crumbly.
- Lay the apple slices on top and dot with the jelly. Cover with the remaining batter and sprinkle with the remaining streusel.
- Bake the cake in a 350 degrees F (175 degrees C) oven for 1 hour, or until it tests done with a toothpick.
- Transfer to a rack to cool. Makes 16 servings.

## Nutrition Facts



## Properties

Glycemic Index:39.91, Glycemic Load:20.3, Inflammation Score:-3, Nutrition Score:4.7456521676934%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 298.31kcal (14.92%), Fat: 10.09g (15.52%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 49.12g (17.86%), Sugar: 42.68g (47.42%), Cholesterol: 68.69mg (22.9%), Sodium: 119.34mg (5.19%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 3.48g (6.97%), Manganese: 0.25mg (12.27%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.15mg (8.94%), Phosphorus: 69.05mg (6.91%), Calcium: 61.94mg (6.19%), Vitamin A: 305.96IU (6.12%), Fiber: 1.49g (5.98%), Folate: 23.69µg (5.92%), Vitamin B1: 0.08mg (5.07%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.69%), Potassium: 133.95mg (3.83%), Vitamin B5: 0.37mg (3.73%), Vitamin B6: 0.07mg (3.68%), Magnesium: 13.72mg (3.43%), Vitamin B12: 0.17µg (2.84%), Vitamin C: 2.29mg (2.77%), Zinc: 0.41mg (2.76%), Vitamin E: 0.39mg (2.63%), Vitamin B3: 0.49mg (2.47%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.6µg (1.53%)