



Applesauce-Pecan Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 2 teaspoons stick margarine melted

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through nutmeg) in a large bowl; make a well in center of mixture.
- ☐ Combine buttermilk, applesauce, 1 tablespoon butter, egg, and egg white in a bowl; add to flour mixture, stirring just until moist.
- ☐ Spoon batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Combine pecans and remaining ingredients in a small bowl; stir with a fork until mixture resembles coarse meal.
- ☐ Sprinkle evenly over top of cake.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



 **PROTEIN 7.86%**  **FAT 23.25%**  **CARBS 68.89%**

Properties

Glycemic Index:40.88, Glycemic Load:15.97, Inflammation Score:-3, Nutrition Score:6.9352173546086%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 6.83g (10.51%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 44.08g (16.03%), Sugar: 22.49g (24.99%), Cholesterol: 23.85mg (7.95%), Sodium: 340.39mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Manganese: 0.44mg (22.17%), Selenium: 13.23µg (18.9%), Vitamin B1: 0.27mg (17.81%), Folate: 58.02µg (14.51%), Vitamin B2: 0.22mg (13.12%), Iron: 1.81mg (10.08%), Vitamin B3: 1.8mg (9%), Phosphorus: 83.33mg (8.33%), Calcium: 78.16mg (7.82%), Copper: 0.12mg (5.89%), Fiber: 1.46g (5.83%), Magnesium: 17.39mg (4.35%), Zinc: 0.57mg (3.77%), Potassium: 128.17mg (3.66%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 158.39IU (3.17%), Vitamin B6: 0.05mg (2.56%), Vitamin E: 0.28mg (1.84%), Vitamin B12: 0.1µg (1.59%)