



## Blackberry Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 10 ounce blackberries frozen
- 0.3 cup brown sugar packed
- 0.5 cup brown sugar packed
- 1 tablespoon butter chilled softened
- 2.5 tablespoons butter chilled cut into small pieces
- 0.5 cup egg substitute
- 2.3 ounces flour all-purpose
- 1 cup milk 1% low-fat

- 0.5 cup regular oats
- 2 cups regular oats
- 0.3 cup pecans toasted chopped
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

## Equipment

- food processor
- bowl
- oven
- knife
- wire rack
- baking pan
- measuring cup

## Directions

- Preheat oven to 35
- To prepare batter, place oats in a food processor; process until finely ground (about 1 minute). Lightly spoon flour into a dry measuring cup; level with a knife.
- Add flour, sugar, baking powder, and salt to food processor; process until well blended.
- Add butter; pulse 5 times or until combined. Spoon mixture into a large bowl.
- Combine milk, egg substitute, and vanilla, stirring just until blended.
- Add to oat mixture, stirring to combine. Gently stir in blackberries.
- Pour mixture into a 9-inch square baking pan coated with cooking spray (batter will be thin).
- To prepare topping, combine 1/2 cup oats and remaining ingredients in a food processor; process until finely chopped.
- Sprinkle evenly over batter.
- Bake at 350 for 45 minutes or until lightly browned and a wooden pick inserted in the center comes out clean. Cool completely on a wire rack.

# Nutrition Facts

PROTEIN 9.58% FAT 27.44% CARBS 62.98%

## Properties

Glycemic Index:47.75, Glycemic Load:10.89, Inflammation Score:-6, Nutrition Score:12.950869529144%

## Flavonoids

Cyanidin: 35.78mg, Cyanidin: 35.78mg, Cyanidin: 35.78mg, Cyanidin: 35.78mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 13.38mg, Catechin: 13.38mg, Catechin: 13.38mg, Catechin: 13.38mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 309.41kcal (15.47%), Fat: 9.6g (14.78%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 44.61g (16.22%), Sugar: 24.04g (26.71%), Cholesterol: 14.64mg (4.88%), Sodium: 339.98mg (14.78%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 7.55g (15.1%), Manganese: 1.37mg (68.71%), Selenium: 17.42µg (24.89%), Fiber: 4.98g (19.93%), Phosphorus: 195.18mg (19.52%), Vitamin B1: 0.24mg (16.26%), Calcium: 152.7mg (15.27%), Magnesium: 56.09mg (14.02%), Iron: 2.31mg (12.83%), Vitamin B2: 0.19mg (11.44%), Copper: 0.22mg (11.21%), Zinc: 1.61mg (10.72%), Vitamin C: 7.55mg (9.16%), Folate: 35.69µg (8.92%), Vitamin B5: 0.84mg (8.36%), Potassium: 281.09mg (8.03%), Vitamin K: 8.15µg (7.77%), Vitamin A: 322.38IU (6.45%), Vitamin E: 0.96mg (6.4%), Vitamin B3: 1.11mg (5.54%), Vitamin B6: 0.09mg (4.66%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.56µg (3.76%)