



Blackberry Crumb Cake

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 10 ounce blackberries fresh (2 containers)
- ☐ 1 cup confectioners' sugar
- ☐ 2 large eggs
- ☐ 1.8 cup flour all-purpose divided plus more for pan (spooned and leveled)
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup light-brown sugar packed
- ☐ 8 tablespoon butter unsalted room temperature

☐ 0.5 teaspoon vanilla extract

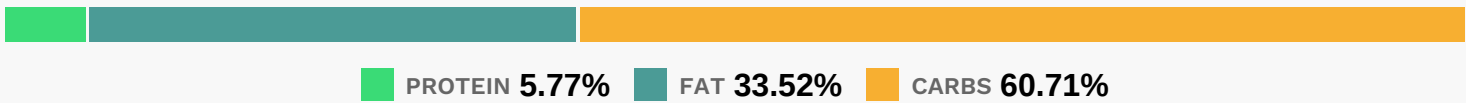
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Set the oven rack in the center position. Preheat oven to 350 degrees. Butter an 8-inch square baking pan. Line bottom with parchment paper, leaving an overhang on two sides; butter and flour paper, tapping out excess. Make topping: In a medium bowl, whisk together melted butter, brown sugar, and ¼ teaspoon salt; add 1 cup flour, and mix with a fork until large moist crumbs form. Refrigerate topping until ready to use. In a medium bowl, whisk together remaining ¾ cup flour, baking powder, and remaining ¼ teaspoon salt; set aside. In a large bowl, using an electric mixer, beat room-temperature butter, confectioners' sugar, and vanilla until light and fluffy; add eggs, one at a time, beating well after each addition. Reduce speed to low; mix in flour mixture.
- ☐ Spread batter evenly in pan; sprinkle with blackberries, then chilled topping.
- ☐ Bake until golden and a toothpick inserted in center comes out with moist crumbs attached, 45 to 50 minutes. Cool completely in pan. Using paper overhang, lift cake onto a work surface; cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:7.77, Inflammation Score:-3, Nutrition Score:4.1117391378983%

Flavonoids

Cyanidin: 17.71mg, Cyanidin: 17.71mg, Cyanidin: 17.71mg, Cyanidin: 17.71mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 172.24kcal (8.61%), Fat: 6.49g (9.99%), Saturated Fat: 3.82g (23.84%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 25.16g (9.15%), Sugar: 14.95g (16.61%), Cholesterol: 38.3mg (12.77%), Sodium: 98.1mg (4.27%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.51g (5.03%), Manganese: 0.21mg (10.75%), Selenium: 6.82µg (9.75%), Folate: 32.67µg (8.17%), Vitamin B1: 0.11mg (7.58%), Vitamin B2: 0.1mg (6.15%), Fiber: 1.31g (5.23%), Iron: 0.92mg (5.13%), Vitamin A: 246.6IU (4.93%), Vitamin B3: 0.94mg (4.69%), Vitamin C: 3.72mg (4.51%), Vitamin K: 4.06µg (3.86%), Phosphorus: 35.74mg (3.57%), Vitamin E: 0.44mg (2.96%), Copper: 0.06mg (2.92%), Calcium: 25.55mg (2.56%), Vitamin B5: 0.22mg (2.21%), Magnesium: 8.11mg (2.03%), Zinc: 0.28mg (1.86%), Potassium: 63.16mg (1.8%), Vitamin D: 0.23µg (1.53%), Vitamin B6: 0.03mg (1.25%), Vitamin B12: 0.07µg (1.13%)