



## Buttermilk Mango-Berry Crumb Cake

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup butter softened
- 1 cup buttermilk
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon

- 1 mangos diced peeled seeded
- 1 cup raspberries
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

- bowl
- frying pan
- oven
- mixing bowl
- wire rack
- baking pan
- hand mixer
- toothpicks

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9-inch square baking pan.
- Mix 1/2 cup flour, brown sugar, 1/4 cup butter, and cinnamon together in a bowl until the mixture is the consistency of wet sand. Set the topping aside.
- Beat 1/2 cup butter and sugar with an electric mixer in a large mixing bowl until light and fluffy. The mixture should be noticeably lighter in color.
- Add the egg and mix well. Stir in the vanilla extract. In a separate bowl, combine 2 cups flour, baking powder, baking soda, salt, and nutmeg.
- Mix the flour mixture into the creamed butter mixture alternately with the buttermilk, stirring just to combine. After the last of the flour mixture is incorporated, gently fold in the diced mango and raspberries.
- Spread the batter into the prepared pan (the batter will be thick).
- Sprinkle with crumb topping.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 50 minutes. Cool on a wire rack.

## Nutrition Facts

**PROTEIN 5.12%** **FAT 28.95%** **CARBS 65.93%**

### Properties

Glycemic Index:50.11, Glycemic Load:37.3, Inflammation Score:-6, Nutrition Score:9.2591304571732%

### Flavonoids

Cyanidin: 6.89mg, Cyanidin: 6.89mg, Cyanidin: 6.89mg, Cyanidin: 6.89mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

### Nutrients (% of daily need)

Calories: 415.78kcal (20.79%), Fat: 13.61g (20.93%), Saturated Fat: 8.11g (50.69%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 67.42g (24.52%), Sugar: 44.14g (49.04%), Cholesterol: 54.26mg (18.09%), Sodium: 398.2mg (17.31%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.42g (10.84%), Selenium: 14.04µg (20.06%), Folate: 76.12µg (19.03%), Vitamin B1: 0.27mg (18.3%), Manganese: 0.37mg (18.28%), Vitamin C: 13.35mg (16.19%), Vitamin B2: 0.26mg (15.1%), Vitamin A: 719.03IU (14.38%), Vitamin B3: 2.16mg (10.82%), Iron: 1.88mg (10.44%), Calcium: 94.66mg (9.47%), Phosphorus: 93.13mg (9.31%), Fiber: 2.3g (9.2%), Copper: 0.11mg (5.39%), Vitamin E: 0.79mg (5.29%), Potassium: 171.23mg (4.89%), Vitamin B5: 0.47mg (4.7%), Magnesium: 18.22mg (4.55%), Vitamin B6: 0.08mg (3.97%), Vitamin B12: 0.21µg (3.52%), Zinc: 0.51mg (3.42%), Vitamin D: 0.5µg (3.33%), Vitamin K: 3.49µg (3.32%)