



WHATSheATe



Chocolate Chip Streusel Cake

READY IN



65 min.

SERVINGS



9

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 1 cup flour whole wheat
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 0.7 cup buttermilk
- ☐ 1 teaspoon vanilla

- ☐ 1 eggs
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.3 cup flour whole wheat
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter cold
- ☐ 0.3 cup walnut pieces chopped

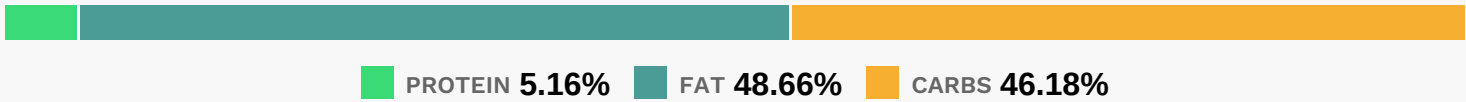
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8-inch square pan with shortening or cooking spray.
- ☐ In large bowl, mix 1 cup whole wheat flour, the all-purpose flour, granulated sugar, baking powder, salt and baking soda.
- ☐ Cut in butter, using pastry blender or fork, until mixture is crumbly.
- ☐ Add buttermilk, vanilla and egg; stir until well blended. Stir in chocolate chips.
- ☐ Spread in pan.
- ☐ In small bowl, mix streusel ingredients with fork until mixture is crumbly.
- ☐ Sprinkle over batter.
- ☐ Bake 35 to 45 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:15.87, Inflammation Score:-6, Nutrition Score:10.391739160146%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 433.69kcal (21.68%), Fat: 24g (36.93%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 47.88g (17.41%), Sugar: 30.48g (33.87%), Cholesterol: 20.93mg (6.98%), Sodium: 403.28mg (17.53%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Caffeine: 11.3mg (3.77%), Protein: 5.73g (11.46%), Manganese: 1.06mg (53.24%), Selenium: 16.96µg (24.23%), Copper: 0.31mg (15.6%), Phosphorus: 153.18mg (15.32%), Vitamin A: 741.2IU (14.82%), Magnesium: 57.96mg (14.49%), Fiber: 3.36g (13.44%), Iron: 2.08mg (11.57%), Vitamin B1: 0.17mg (11.42%), Vitamin B2: 0.14mg (8.14%), Calcium: 73.92mg (7.39%), Vitamin B3: 1.47mg (7.36%), Zinc: 1.1mg (7.3%), Folate: 27.17µg (6.79%), Potassium: 211.43mg (6.04%), Vitamin E: 0.88mg (5.87%), Vitamin B6: 0.12mg (5.86%), Vitamin B5: 0.36mg (3.65%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.33µg (2.19%), Vitamin K: 1.46µg (1.39%)