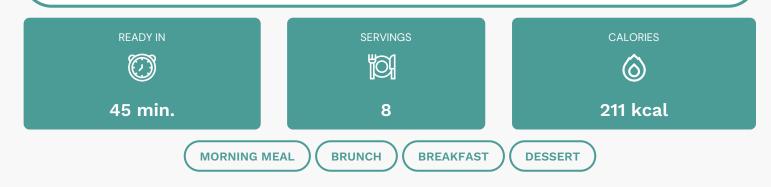


Cinnamon Crumb Cake



Ingredients

0.5 teaspoon double-acting baking powder
O.5 teaspoon baking soda
0.7 cup brown sugar packed
1 large eggs
1.3 cups flour all-purpose
O.8 teaspoon ground cinnamon
O.5 cup buttermilk low-fat
0.3 cup stick margarine chilled cut into small pieces
O.1 teaspoon salt

	1 teaspoon vanilla extract
Ec	Juipment
	bowl
	oven
	knife
	wire rack
	blender
	cake form
	measuring cup
Di	rections
	Preheat oven to 35
	Lightly spoon the flour into dry measuring cups, and level with a knife.
	Combine the flour, brown sugar, cinnamon, and salt in a bowl, and cut in margarine with a pastry blender or 2 knives until the mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping, and set aside.
	Combine remaining flour mixture, baking powder, and baking soda, and add the buttermilk, vanilla, and egg. Beat at medium speed of a mixer until blended. Spoon batter into an 8-inch round cake pan coated with cooking spray.
	Sprinkle reserved 1/2 cup flour mixture over batter.
	Bake at 350 for 30 minutes or until cake springs back when touched lightly in center. Cool or a wire rack.
	Nutrition Facts
	PROTEIN 6.42% FAT 29.34% CARBS 64.24%
Pro	perties
	emic Index:21.5, Glycemic Load:10.85, Inflammation Score:-3, Nutrition Score:4.4295651718326%

Nutrients (% of daily need)

Calories: 210.89kcal (10.54%), Fat: 6.9g (10.62%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 33.38g (12.14%), Sugar: 18.65g (20.72%), Cholesterol: 23.85mg (7.95%), Sodium: 237.62mg (10.33%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 3.4g (6.8%), Selenium: 9.07µg (12.95%), Vitamin B1: 0.16mg (10.78%), Folate: 39.7µg (9.92%), Manganese: 0.18mg (9.05%), Vitamin B2: 0.15mg (8.91%), Iron: 1.2mg (6.65%), Vitamin A: 305.81lU (6.12%), Vitamin B3: 1.19mg (5.97%), Calcium: 57.91mg (5.79%), Phosphorus: 54.88mg (5.49%), Vitamin B5: 0.25mg (2.54%), Fiber: 0.63g (2.51%), Potassium: 81.27mg (2.32%), Magnesium: 8.81mg (2.2%), Copper: 0.04mg (2.2%), Vitamin E: 0.32mg (2.12%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.65%), Vitamin B12: 0.1µg (1.6%)