

Cinnamon Crumb Topping

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients




- 1 Tbsp apple juice
- 0.3 cup flour
- 1 tsp ground cinnamon
- 1 Tbsp butter melted
- 2 Tbsp sugar
- 2 Tbsp creamy wheat cereal hot uncooked (enriched farina)

Equipment

Directions

Mix all ingredients until crumbly.

Nutrition Facts

 **PROTEIN 6.42%**  **FAT 23.35%**  **CARBS 70.23%**

Properties

Glycemic Index:47.71, Glycemic Load:10.12, Inflammation Score:-4, Nutrition Score:6.7182608311591%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 114.67kcal (5.73%), Fat: 3.11g (4.78%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.46g (7.08%), Sugar: 7.18g (7.97%), Cholesterol: 0mg (0%), Sodium: 75.94mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin D: 6.29µg (41.92%), Folate: 82.03µg (20.51%), Iron: 2.81mg (15.61%), Vitamin B1: 0.14mg (9.47%), Manganese: 0.19mg (9.38%), Vitamin B2: 0.12mg (7.15%), Vitamin B3: 1.41mg (7.07%), Fiber: 1.58g (6.31%), Zinc: 0.91mg (6.08%), Selenium: 3.59µg (5.13%), Vitamin B6: 0.09mg (4.26%), Vitamin A: 205.74IU (4.11%), Vitamin B12: 0.24µg (3.99%), Phosphorus: 36.31mg (3.63%), Calcium: 25.2mg (2.52%), Magnesium: 9.26mg (2.32%), Potassium: 46.05mg (1.32%), Vitamin C: 1.01mg (1.22%)