



Cinnamon Streusel Topping

 Vegetarian  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

Ingredients

- 3 tablespoons baking mix all-purpose
- 0.3 cup firmly brown sugar light packed
- 2 tablespoons butter melted
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon

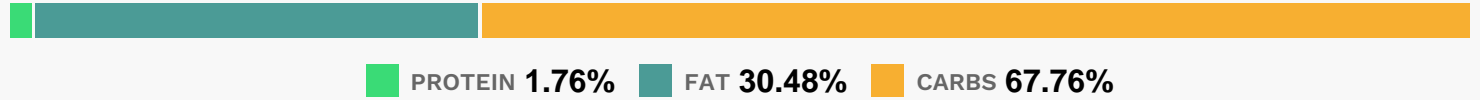
Equipment

- whisk

Directions

- Whisk together first 4 ingredients until blended. Stir melted butter into sugar mixture until well blended and crumbly.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:0.78739130059662%

Nutrients (% of daily need)

Calories: 85.75kcal (4.29%), Fat: 2.98g (4.58%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 14.77g (5.37%), Sugar: 12.51g (13.9%), Cholesterol: 6.11mg (2.04%), Sodium: 76.22mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Phosphorus: 26.87mg (2.69%), Vitamin B1: 0.03mg (1.71%), Folate: 5.69µg (1.42%), Vitamin A: 70.3IU (1.41%), Manganese: 0.03mg (1.38%), Calcium: 13.75mg (1.37%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.21mg (1.05%)