



Country Apple Streusel Cake

READY IN



95 min.

SERVINGS



15

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour whole wheat
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup butter cold
- ☐ 1.5 cups flour whole wheat
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt

- ☐ 1.3 cups milk
- ☐ 0.8 cup butter softened
- ☐ 1.5 teaspoons vanilla
- ☐ 3 eggs
- ☐ 4 cups apples peeled very thinly sliced

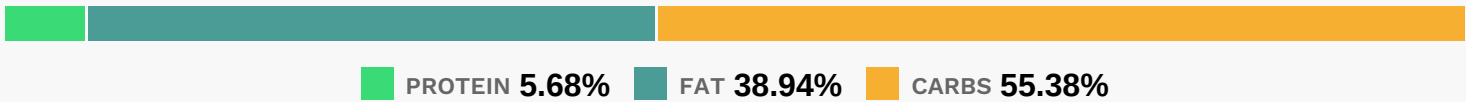
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In small bowl, mix topping ingredients with pastry blender or fork until crumbly; set aside.
- ☐ In large bowl, beat all cake ingredients except apples with electric mixer on medium speed 3 minutes, scraping bowl frequently.
- ☐ Spread batter in pan. Arrange apple slices evenly over batter.
- ☐ Sprinkle evenly with topping.
- ☐ Bake 55 to 60 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:22.64, Inflammation Score:-6, Nutrition Score:9.6578261022982%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 391.44kcal (19.57%), Fat: 17.41g (26.78%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 52.62g (19.13%), Sugar: 31.71g (35.23%), Cholesterol: 35.18mg (11.73%), Sodium: 441.68mg (19.2%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.71g (11.43%), Manganese: 0.85mg (42.54%), Selenium: 18.66µg (26.66%), Vitamin A: 776.93IU (15.54%), Phosphorus: 141.63mg (14.16%), Vitamin B1: 0.21mg (14.07%), Fiber: 3.1g (12.4%), Vitamin B2: 0.18mg (10.56%), Calcium: 99.71mg (9.97%), Folate: 36.2µg (9.05%), Iron: 1.58mg (8.78%), Magnesium: 34.11mg (8.53%), Vitamin B3: 1.7mg (8.52%), Vitamin B6: 0.12mg (6.24%), Vitamin E: 0.89mg (5.91%), Copper: 0.11mg (5.64%), Zinc: 0.77mg (5.15%), Potassium: 176.2mg (5.03%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.21µg (3.45%), Vitamin D: 0.4µg (2.66%), Vitamin C: 1.57mg (1.91%), Vitamin K: 1.22µg (1.16%)