



Cranberry-Streusel Cake

READY IN



45 min.

SERVINGS



9

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon butter
- ☐ 1 cup cup heavy whipping cream fat-free sour
- ☐ 0.8 cup cranberries dried sweetened (such as Craisins)
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup wheat germ toasted

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon 1 1/2 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine with 1/4 cup wheat germ, baking powder, and baking soda in a large bowl.
- ☐ Combine the sour cream, 1/2 cup brown sugar, applesauce, oil, and egg in a bowl; stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Fold in the dried cranberries. Spoon batter into a 9-inch round cake pan coated with cooking spray.
- ☐ To prepare streusel topping, combine 1/4 cup wheat germ, 2 tablespoons flour, 2 tablespoons brown sugar, and cinnamon in a small bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle streusel topping evenly over batter.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool the cake on a wire rack.

Nutrition Facts



PROTEIN 6.53% FAT 26.95% CARBS 66.52%

Properties

Glycemic Index:27.44, Glycemic Load:12.59, Inflammation Score:-3, Nutrition Score:8.0395652891501%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 277.08kcal (13.85%), Fat: 8.49g (13.06%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 45.41g (16.51%), Sugar: 22.81g (25.34%), Cholesterol: 22.97mg (7.66%), Sodium: 195.76mg (8.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.25%), Manganese: 0.64mg (31.9%), Selenium: 13.49µg (19.27%), Vitamin B1: 0.25mg (16.87%), Folate: 56.02µg (14%), Vitamin B2: 0.2mg (11.59%), Vitamin K: 12.07µg (11.49%), Phosphorus: 103.37mg (10.34%), Calcium: 94.06mg (9.41%), Iron: 1.59mg (8.84%), Vitamin B3: 1.65mg (8.25%), Fiber: 1.72g (6.9%), Vitamin E: 0.84mg (5.63%), Zinc: 0.77mg (5.13%), Magnesium: 18.12mg (4.53%), Copper: 0.08mg (4.11%), Vitamin B6: 0.08mg (3.93%), Potassium: 125.91mg (3.6%), Vitamin A: 153.76IU (3.08%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.13µg (2.13%)