



Crisp Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted softened cut into small squares

Equipment

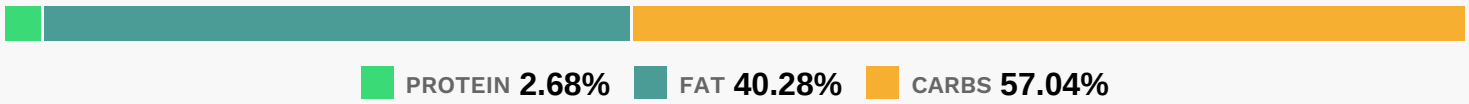
- ☐ bowl
- ☐ oven

☐ blender

Directions

- ☐ Stir together first 4 ingredients in a bowl.
- ☐ Cut in butter with a pastry blender or fork until mixture forms pea-size pieces.
- ☐ Bake at 375 for 10 minutes or until lightly browned. Break into small pieces with a fork, and bake 5 more minutes or until crispy.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:26.08, Inflammation Score:-3, Nutrition Score:2.8556521474181%

Nutrients (% of daily need)

Calories: 253.81kcal (12.69%), Fat: 11.59g (17.83%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 36.44g (13.25%), Sugar: 25g (27.78%), Cholesterol: 30.1mg (10.03%), Sodium: 147.46mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin B1: 0.12mg (8.23%), Selenium: 5.59µg (7.99%), Folate: 29.02µg (7.26%), Vitamin A: 350.23IU (7%), Manganese: 0.13mg (6.52%), Vitamin B2: 0.09mg (5.1%), Vitamin B3: 0.93mg (4.65%), Iron: 0.75mg (4.18%), Vitamin E: 0.34mg (2.25%), Phosphorus: 20.32mg (2.03%), Fiber: 0.49g (1.95%), Vitamin D: 0.21µg (1.4%), Copper: 0.03mg (1.35%), Vitamin K: 1.07µg (1.02%)