



## Crumb Cake

READY IN



20 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 cup brown sugar divided packed
- 1 Tbsp butter
- 2 eggs
- 1.8 cups graham cracker crumbs divided
- 2 tsp ground cinnamon divided
- 0.3 cup planters walnuts chopped
- 8 oz cool whip whipped topping thawed

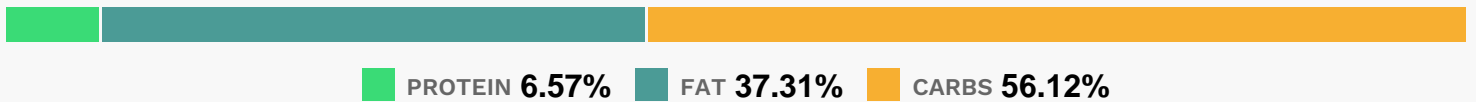
## Equipment

- bowl
- whisk
- microwave

## Directions

- Place butter in 2-qt. microwaveable round dish at least 2 inches deep. Microwave on HIGH 30 sec. or until melted.
- Add 1/2 cup graham crumbs, 1/3 cup sugar, nuts and 1 tsp. cinnamon; mix well. Set aside.
- Beat eggs in large bowl with wire whisk.
- Add COOL WHIP, remaining graham crumbs, sugar and cinnamon; stir just until blended.
- Spread over crumb mixture in dish.
- Microwave on MEDIUM (50%) 9 to 10 min. or until cake starts to pull away from side of dish, turning dish after 5 min. (Top will still be slightly moist.)
- Place serving plate on top of dish; invert cake.
- Remove dish.
- Sprinkle any crumbs remaining on bottom of dish over cake. Fluff crumb topping with fork.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18.63, Glycemic Load:9.96, Inflammation Score:-1, Nutrition Score:4.3304348341797%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 247.64kcal (12.38%), Fat: 10.43g (16.04%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 34.07g (12.39%), Sugar: 24.41g (27.12%), Cholesterol: 45.3mg (15.1%), Sodium: 172.52mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Manganese: 0.25mg (12.51%), Phosphorus: 93.92mg (9.39%), Vitamin B2: 0.13mg (7.43%), Iron: 1.24mg (6.88%), Selenium: 4.44µg (6.34%), Calcium: 62.74mg (6.27%), Magnesium: 21.59mg (5.4%), Fiber: 1.21g (4.86%), Folate: 18.29µg (4.57%), Zinc: 0.66mg (4.38%), Vitamin B1:

0.06mg (4.31%), Copper: 0.08mg (4.15%), Vitamin B3: 0.8mg (3.98%), Vitamin B6: 0.07mg (3.45%), Potassium: 113.98mg (3.26%), Vitamin B12: 0.16µg (2.63%), Vitamin A: 127.38IU (2.55%), Vitamin E: 0.34mg (2.26%), Vitamin B5: 0.21mg (2.12%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.37µg (1.3%)