

Crumb Topping

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

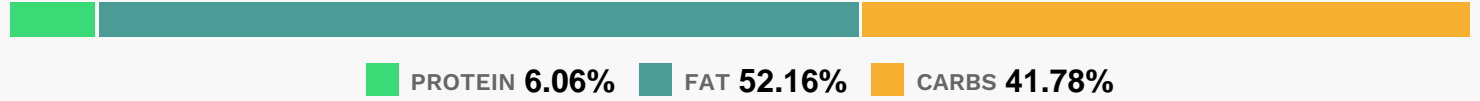
- 2 Tbsp brown sugar
- 2 Tbsp butter melted
- 0.3 cup flour
- 0.3 tsp ground cinnamon
- 0.3 cup planters walnuts chopped
- 2 Tbsp creamy wheat cereal hot uncooked (enriched farina)

Equipment

Directions

Combine ingredients.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.42, Inflammation Score:-5, Nutrition Score:7.9282607928566%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 174.95kcal (8.75%), Fat: 10.64g (16.37%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.44g (6.34%), Sugar: 6.82g (7.58%), Cholesterol: 0mg (0%), Sodium: 110.46mg (4.8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin D: 6.29µg (41.92%), Folate: 84.49µg (21.12%), Manganese: 0.34mg (16.76%), Iron: 2.9mg (16.09%), Vitamin B1: 0.15mg (9.73%), Zinc: 1.11mg (7.41%), Vitamin B2: 0.12mg (7%), Fiber: 1.73g (6.92%), Vitamin B3: 1.34mg (6.7%), Vitamin A: 330.92IU (6.62%), Copper: 0.13mg (6.54%), Vitamin B6: 0.12mg (6.23%), Phosphorus: 59.27mg (5.93%), Magnesium: 20.41mg (5.1%), Selenium: 3.08µg (4.41%), Vitamin B12: 0.24µg (4.05%), Calcium: 32.76mg (3.28%), Potassium: 78.96mg (2.26%), Vitamin E: 0.28mg (1.84%), Vitamin C: 1.06mg (1.28%)