



Crumb Topping



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

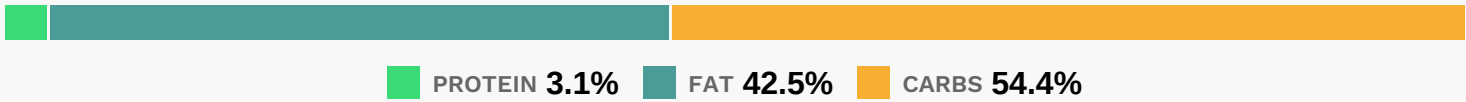
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup sugar

Equipment

Directions

Stir together all ingredients with a fork to form large crumbs.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:21.76, Inflammation Score:-1, Nutrition Score:3.446086956512%

Nutrients (% of daily need)

Calories: 224.57kcal (11.23%), Fat: 10.69g (16.44%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 30.29g (11.01%), Sugar: 18.84g (20.93%), Cholesterol: 5.88mg (1.96%), Sodium: 89.41mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin K: 22.91µg (21.82%), Vitamin B1: 0.12mg (8.27%), Selenium: 5.74µg (8.19%), Folate: 29.3µg (7.33%), Manganese: 0.13mg (6.51%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.92mg (4.62%), Iron: 0.77mg (4.3%), Vitamin E: 0.47mg (3.14%), Phosphorus: 19.9mg (1.99%), Fiber: 0.49g (1.95%), Copper: 0.03mg (1.34%)