



Dried-Cherry Crumb Cake

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1.5 tablespoons brown sugar
- 0.5 cup cherries dried pitted
- 2 egg whites
- 1.5 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 0.1 teaspoon ground nutmeg
- 1.5 teaspoons butter

- 1 cup nonfat buttermilk
- 1 teaspoon orange rind, grated
- 0.1 teaspoon salt
- 0.7 cup sugar
- 1.5 tablespoons sugar
- 1 teaspoon vanilla extract
- 3 tablespoons vegetable oil

Equipment

- bowl
- oven
- whisk
- blender

Directions

- Combine the first 3 ingredients in a bowl; cut in margarine with a pastry blender until mixture resembles coarse meal. Set streusel mixture aside.
- Combine 1 1/2 cups flour and next 6 ingredients in a bowl; stir well, and set flour mixture aside.
- Combine the nonfat buttermilk and next 4 ingredients in a large bowl; stir well with a wire whisk. Gradually add flour mixture, stirring just until dry ingredients are moistened.
- Pour the batter into a 9-inch round cakepan coated with cooking spray, and sprinkle streusel mixture over batter.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.
- Serve warm.
- Note: Dried, pitted tart cherries are available at specialty-food stores and large supermarkets or they can be mail-ordered from American Spoon Foods Inc., 800/222- You can substitute raisins, chopped prunes, or dates for the dried cherries.

Nutrition Facts



■ PROTEIN 7.51% ■ FAT 22.12% ■ CARBS 70.37%

Properties

Glycemic Index:39.52, Glycemic Load:18.77, Inflammation Score:-1, Nutrition Score:3.3386956958667%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 167.71kcal (8.39%), Fat: 4.14g (6.37%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 29.03g (10.56%), Sugar: 15.89g (17.66%), Cholesterol: 0.39mg (0.13%), Sodium: 133.29mg (5.8%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.16g (6.33%), Selenium: 7.03µg (10.04%), Vitamin B1: 0.14mg (9.3%), Folate: 32.54µg (8.14%), Vitamin B2: 0.11mg (6.67%), Manganese: 0.13mg (6.34%), Vitamin K: 6.43µg (6.12%), Vitamin B3: 1.05mg (5.26%), Iron: 0.91mg (5.07%), Calcium: 37.58mg (3.76%), Phosphorus: 32.12mg (3.21%), Fiber: 0.62g (2.46%), Vitamin E: 0.31mg (2.08%), Copper: 0.03mg (1.6%), Magnesium: 5.44mg (1.36%), Potassium: 43.17mg (1.23%), Vitamin C: 0.87mg (1.05%), Vitamin B5: 0.1mg (1.01%)