



Espresso-Spice Crumb Cake

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar divided packed
- ☐ 0.5 cup egg substitute
- ☐ 3 cups flour all-purpose divided
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons espresso grounds instant
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter softened
- ☐ 0.8 cup blackstrap molasses
- ☐ 1 cup water boiling

Equipment

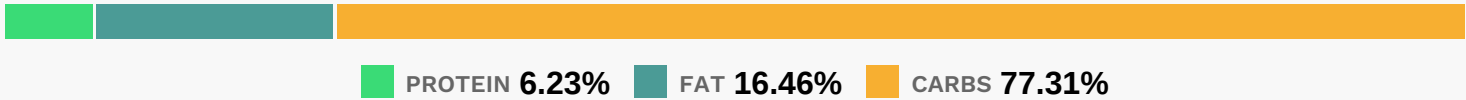
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat oven to 350
- ☐ Combine water and espresso; stir well. Set aside.
- ☐ Combine 2 3/4 cups flour, baking powder, baking soda, cinnamon, ginger, and nutmeg; set aside.
- ☐ Beat 3/4 cup brown sugar and 1/4 cup margarine at medium speed of a mixer until well-blended.
- ☐ Add molasses and egg substitute; beat well.
- ☐ Add flour mixture to sugar mixture alternately with coffee mixture, beginning and ending with flour mixture.
- ☐ Pour batter into a 9-inch square cake pan coated with cooking spray.
- ☐ Combine 1/4 cup flour, 2 tablespoons brown sugar, and 1/4 teaspoon cinnamon; cut in 1 tablespoon margarine with a pastry blender or 2 knives until mixture resembles coarse meal, forming a streusel.
- ☐ Sprinkle streusel over batter.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean.

- ☐ Let cool in pan 10 minutes on a wire rack; remove from pan.
- ☐ Let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:18.23, Inflammation Score:-4, Nutrition Score:6.7178261116471%

Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 3.81g (5.87%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 39.6g (14.4%), Sugar: 22.02g (24.47%), Cholesterol: 0mg (0%), Sodium: 140.58mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.92mg (1.31%), Protein: 3.25g (6.49%), Manganese: 0.44mg (21.9%), Selenium: 14.02µg (20.02%), Vitamin B1: 0.2mg (13.33%), Iron: 2.12mg (11.76%), Magnesium: 46.38mg (11.6%), Folate: 44.26µg (11.06%), Vitamin B2: 0.15mg (8.64%), Potassium: 292.63mg (8.36%), Vitamin B3: 1.59mg (7.97%), Calcium: 74.92mg (7.49%), Vitamin B6: 0.13mg (6.56%), Copper: 0.12mg (6.02%), Phosphorus: 45.78mg (4.58%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 175.35IU (3.51%), Fiber: 0.69g (2.76%), Zinc: 0.29mg (1.94%), Vitamin E: 0.27mg (1.82%)