



Fresh Apple Streusel Pecan Cake

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 0.7 cup oats
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup pecans coarsely chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup granulated sugar
- ☐ 6 oz vanilla-honey greek yogurt fat free
- ☐ 0.7 cup canola oil
- ☐ 1 teaspoon vanilla

- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups flour whole wheat
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 cups apples peeled finely chopped (2 medium)

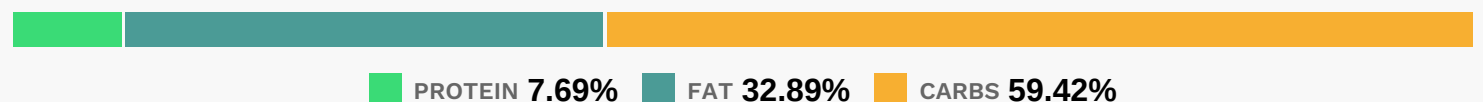
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In small bowl, mix streusel ingredients with fork until crumbly; set aside.
- ☐ In large bowl, beat sugar, yogurt, oil, vanilla and eggs with electric mixer on low speed about 30 seconds or until blended.
- ☐ Add all remaining ingredients except apples; beat on low speed about 1 minute or until blended. Stir in apples.
- ☐ Spread batter in pan.
- ☐ Sprinkle evenly with topping.
- ☐ Bake 40 to 45 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve with ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:17.88, Inflammation Score:-3, Nutrition Score:8.8078262520873%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 284.61kcal (14.23%), Fat: 10.75g (16.54%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 40.64g (14.78%), Sugar: 21.58g (23.98%), Cholesterol: 22.2mg (7.4%), Sodium: 176.45mg (7.67%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.66g (11.31%), Manganese: 1.02mg (51.24%), Selenium: 14.89µg (21.27%), Vitamin B1: 0.22mg (14.92%), Fiber: 3.06g (12.22%), Phosphorus: 120.63mg (12.06%), Iron: 1.59mg (8.84%), Copper: 0.17mg (8.65%), Magnesium: 34.42mg (8.6%), Folate: 34.07µg (8.52%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 7.4µg (7.04%), Calcium: 68.79mg (6.88%), Zinc: 0.92mg (6.11%), Vitamin E: 0.86mg (5.76%), Vitamin B6: 0.09mg (4.54%), Potassium: 140.8mg (4.02%), Vitamin B5: 0.33mg (3.31%), Vitamin C: 0.84mg (1.02%)