



Gingerbread-Apple Streusel Coffee Cake

 Vegetarian

READY IN



50 min.

SERVINGS



9

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 14.5 oz betty limited edition gingerbread cookie mix
- ☐ 1.3 cups water lukewarm
- ☐ 1 eggs
- ☐ 2 apples diced peeled
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon

☐ 1 Dash salt

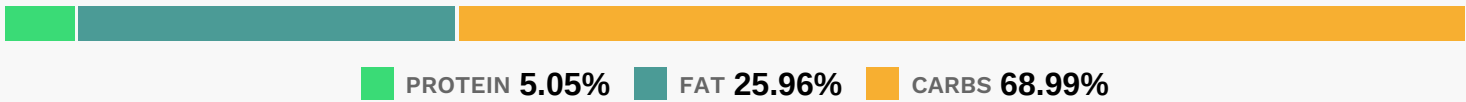
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Lightly spray 9-inch square pan with cooking spray.
- ☐ In large bowl, stir together gingerbread mix, water, egg and diced apples. Spoon into pan.
- ☐ In small bowl, mix butter, brown sugar, flour, cinnamon and salt with fork until crumbly.
- ☐ Sprinkle evenly over gingerbread batter.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:4.04, Inflammation Score:-5, Nutrition Score:15.876956641674%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 270.38kcal (13.52%), Fat: 8.86g (13.63%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 44.99g (16.36%), Sugar: 19.64g (21.83%), Cholesterol: 24.88mg (8.29%), Sodium: 60.59mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Manganese: 7.33mg (366.52%), Iron: 9.46mg (52.54%), Calcium: 331.46mg (33.15%), Fiber: 7.97g (31.89%), Magnesium: 67.37mg (16.84%), Vitamin C: 12.56mg (15.22%), Vitamin K: 14.18µg (13.5%), Copper: 0.25mg (12.7%), Vitamin B6: 0.22mg (10.75%), Potassium: 375.76mg (10.74%), Selenium: 7.5µg (10.72%), Zinc: 1.21mg (8.05%), Phosphorus: 74.4mg (7.44%), Vitamin E: 1.09mg (7.24%), Vitamin B2: 0.12mg (7.03%), Vitamin B1: 0.11mg (7.01%), Vitamin B3: 1.36mg (6.78%), Folate: 23.17µg (5.79%), Vitamin A: 245.85IU (4.92%), Vitamin B5: 0.14mg (1.4%)