



Greek Yogurt Apple Streusel Cake



Vegetarian



Popular

READY IN



120 min.

SERVINGS



16

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 1.5 tsp baking soda
- ☐ 0.3 cup brown sugar
- ☐ 1 tsp butter melted
- ☐ 1.8 tsp cinnamon divided
- ☐ 1 Dash cloves
- ☐ 3 eggs room temperature
- ☐ 2.5 cups flour divided

- ☐ 3 medium apples i use 2 granny smith apples peeled (1 lb apples)
- ☐ 1 cup greek yogurt
- ☐ 2 tbsp juice of lemon
- ☐ 0.3 tsp nutmeg
- ☐ 1 cup powdered sugar
- ☐ 0.3 tsp salt
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar divided
- ☐ 0.3 cup butter unsalted room temperature
- ☐ 1 tbsp butter unsalted melted
- ☐ 1 tsp vanilla
- ☐ 1 tbsp vegetable oil
- ☐ 0.3 cup walnut pieces chopped
- ☐ 0.8 cup walnut pieces chopped
- ☐ 1.5 tbsp water
- ☐ 1 large frangelico (8 ½ x 4 ½ inches each)
- ☐ 2 medium loaf frangelico ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan

- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ spatula
- ☐ kitchen scissors

Directions

- ☐ Put peeled apples into a bowl of cold water mixed with lemon juice. Reserve.
- ☐ Place a rack in the center of the oven and preheat to 325 degrees F.
- ☐ Cut the butter into small chunks and place in a large mixing bowl along with 1 1/2 cups sugar. Use an electric mixer to beat together the butter and sugar for a few minutes. Make sure the butter is fully integrated into the sugar and the mixture turns into small, even-sized crumbs.
- ☐ Add the eggs and oil to the bowl. Continue to mix until smooth.
- ☐ Add the Greek yogurt, vanilla and almond extract to the bowl. Use a spatula to stir the mixture till smooth. In a medium bowl, sift together 2 cups flour, baking soda, 1 tsp cinnamon, tsp salt, nutmeg and cloves. Fold the dry ingredients into the wet to make a thick batter. Don't overmix a few lumps are okay. In the same medium bowl you used to sift the flour, sift together remaining cup flour, 2 tbsp sugar and tsp cinnamon.
- ☐ Drain the peeled apples and pat dry. Core the apples and dice them into small inch chunks.
- ☐ Add the apple chunks to the flour, sugar and cinnamon mixture. Toss the apple chunks with the flour till evenly coated. Fold the apple chunks and walnuts into the cake batter. Grease two loaf pans with nonstick cooking oil spray. Divide the batter evenly between the two loaf pans.
- ☐ Combine streusel ingredients in a food processor and pulse till a crumbly topping forms. If you don't have a processor, chop the walnuts into very small pieces and mix them with the other streusel ingredients till the mixture is moist and crumbly.
- ☐ Sprinkle the tops of the two cakes evenly with streusel, half on each cake.
- ☐ Place the cakes into the oven.
- ☐ Bake for 60-70 minutes, turning once halfway through cooking, till the top is brown and a toothpick inserted into the center of the loaf comes out clean. If the top of the cake browns faster than it bakes, cover with foil for the remainder of baking time. It's a very moist cake, so err on the side of cooking it a little longer if you're unsure, using the foil to protect against

burning.

- ☐
- Let the cakes cool for 20 minutes in their pans, then gently release and place on a wire rack to cool completely. If the cakes will not release easily, you can also let them cool completely in the pan.To make the glaze icing, sift powdered sugar into a small mixing bowl. Use a whisk to mix the ingredients till a thick and creamy icing forms. You want the consistency of thick honey; if you need a little more moisture, add milk a few drops at a time. Just a drop can take it from a thick honey to a runny texture, so add with care. The thicker the frosting is, the more white it will dry... adding too much water will cause it to dry clearish, and it won't have that nice thick white look to it.Line a glass with a plastic bag, wrapping the edge of the bag around the outer rim of the glass. This will help you fill it with frosting. Use a spatula to scoop the frosting into the bag.
- ☐
- Place cakes on top of a piece of parchment paper or paper towels to catch drips.Work the frosting into the corner of the bag and snip off a small corner with scissors. Gently squeeze and drizzle the frosting in a zig-zag pattern across the top of the cakes, using half of the icing for each cake.
- ☐
- Let the icing dry for at least 30 minutes to set (it may take longer depending on the weather).
- ☐
- Serve cake slices with a cup of tea or coffee. Sigh contentedly. Apple cake is good. Life is good.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:25.24, Inflammation Score:-3, Nutrition Score:6.9652174244756%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 318.65kcal (15.93%), Fat: 11.03g (16.98%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 49.15g (17.87%), Sugar: 33.75g (37.5%), Cholesterol: 41.52mg (13.84%), Sodium: 177.98mg (7.74%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 5.71g (11.41%), Manganese: 0.51mg (25.6%), Selenium: 11.04µg (15.77%), Vitamin B1: 0.19mg (12.88%), Folate: 49.89µg (12.47%), Vitamin B2: 0.2mg (11.62%), Copper: 0.18mg (8.9%), Phosphorus: 87.36mg (8.74%), Fiber: 2.06g (8.25%), Iron: 1.4mg (7.8%), Vitamin B3: 1.32mg (6.6%), Magnesium: 21.86mg (5.46%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.58mg (3.9%), Calcium: 39.02mg (3.9%), Potassium: 132.1mg (3.77%), Vitamin A: 184.77IU (3.7%), Vitamin B5: 0.33mg (3.33%), Vitamin K: 3.12µg (2.97%), Vitamin C: 2.41mg (2.92%), Vitamin B12: 0.17µg (2.82%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.23µg (1.54%)