



Heath Bar-Marmalade Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large egg whites
- ☐ 1 tablespoon milk fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon orange rind grated
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup stick margarine chilled cut into small pieces
- ☐ 0.5 cup sugar
- ☐ 1.4 ounce toffee candy bar english chopped (such as Heath or Skor)
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine 1/3 cup flour mixture and candy bar for topping; set aside.
- ☐ Stir baking powder and baking soda into remaining flour mixture in bowl; add yogurt, milk, rind, vanilla, and egg whites. Beat at medium speed of a mixer until blended. Spoon batter into an 8-inch round cake pan coated with cooking spray. Drop marmalade by teaspoonfuls onto batter; swirl together using the tip of a knife.
- ☐ Sprinkle topping over batter.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Nutrition Facts



 PROTEIN **6.45%**  FAT **30.84%**  CARBS **62.71%**

Properties

Glycemic Index:33.79, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:3.7839130198826%

Nutrients (% of daily need)

Calories: 224.62kcal (11.23%), Fat: 7.8g (12.01%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 35.07g (12.75%), Sugar: 22.91g (25.46%), Cholesterol: 1.5mg (0.5%), Sodium: 216.41mg (9.41%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.67g (7.34%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.16mg (9.41%), Vitamin B1: 0.13mg (8.87%), Folate: 31.85µg (7.96%), Calcium: 57.43mg (5.74%), Manganese: 0.11mg (5.6%), Vitamin A: 276.61IU (5.53%), Phosphorus: 51.82mg (5.18%), Vitamin B3: 0.96mg (4.82%), Iron: 0.8mg (4.43%), Fiber: 0.63g (2.54%), Potassium: 80.73mg (2.31%), Magnesium: 8.08mg (2.02%), Vitamin B5: 0.2mg (1.98%), Vitamin B12: 0.12µg (1.98%), Copper: 0.04mg (1.86%), Zinc: 0.28mg (1.84%), Vitamin E: 0.25mg (1.63%), Vitamin C: 0.97mg (1.18%)