



## Lemon-Rosemary Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large eggs
- 1.3 cups flour all-purpose
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.3 cup buttermilk low-fat
- 0.3 cup stick margarine chilled cut into small pieces
- 0.1 teaspoon salt

- 0.7 cup sugar
- 0.8 teaspoon water
- 0.8 teaspoon rosemary dried fresh minced

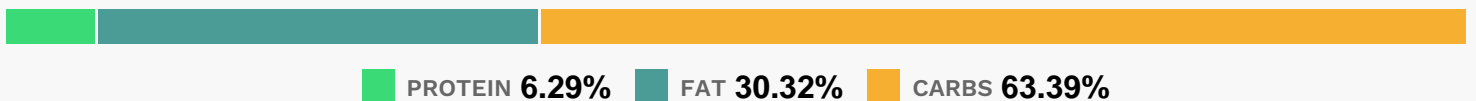
## Equipment

- bowl
- oven
- knife
- wire rack
- blender
- cake form
- measuring cup

## Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, and salt in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping; set aside.
- Combine remaining flour mixture, rosemary, baking powder, and baking soda; add buttermilk, lemon juice, and egg. Beat at medium speed of a mixer until blended. Spoon batter into an 8-inch round cake pan coated with cooking spray.
- Combine reserved 1/2 cup flour mixture, lemon rind, and water; stir with a fork.
- Sprinkle crumb mixture over batter.
- Bake at 350 for 30 minutes. Cool on a wire rack.
- Garnish with rosemary sprigs and lemon slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.39, Glycemic Load:22.48, Inflammation Score:-3, Nutrition Score:4.1382608834816%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 202.58kcal (10.13%), Fat: 6.91g (10.63%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 31.91g (11.6%), Sugar: 17.3g (19.23%), Cholesterol: 23.65mg (7.88%), Sodium: 191.08mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Selenium: 8.85µg (12.64%), Vitamin B1: 0.16mg (10.75%), Folate: 40.1µg (10.02%), Vitamin B2: 0.15mg (8.67%), Manganese: 0.14mg (6.83%), Vitamin A: 303.68IU (6.07%), Iron: 1.07mg (5.93%), Vitamin B3: 1.17mg (5.85%), Phosphorus: 49.91mg (4.99%), Calcium: 36.16mg (3.62%), Vitamin C: 2.22mg (2.69%), Fiber: 0.6g (2.38%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.32mg (2.12%), Copper: 0.04mg (1.81%), Zinc: 0.26mg (1.76%), Magnesium: 6.76mg (1.69%), Potassium: 52.87mg (1.51%), Vitamin B12: 0.09µg (1.42%), Vitamin B6: 0.03mg (1.3%)