



Mocha Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



210 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
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar

- ☐ 3 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons water

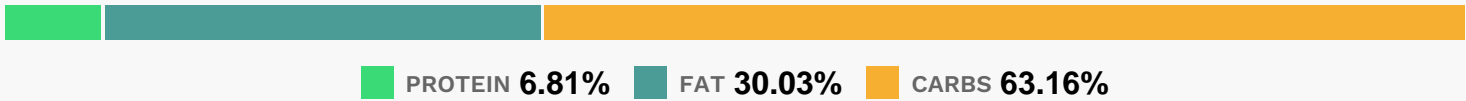
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a mixing bowl, and cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping, and set aside.
- ☐ Combine remaining flour mixture, baking powder, and baking soda; add milk, vanilla, 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 and water; stir with a fork.
- ☐ Sprinkle crumb mixture over batter.
- ☐ Bake at 350 for 30 minutes or until cake springs back when touched lightly in center. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:22.48, Inflammation Score:-4, Nutrition Score:4.9917391086726%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 209.64kcal (10.48%), Fat: 7.14g (10.99%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 32.59g (11.85%), Sugar: 17.29g (19.21%), Cholesterol: 23.74mg (7.91%), Sodium: 180.74mg (7.86%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Caffeine: 23.94mg (7.98%), Protein: 3.65g (7.3%), Selenium: 9.19µg (13.13%), Manganese: 0.22mg (10.99%), Vitamin B1: 0.16mg (10.92%), Folate: 39.55µg (9.89%), Vitamin B2: 0.15mg (8.83%), Iron: 1.34mg (7.45%), Vitamin B3: 1.39mg (6.95%), Phosphorus: 66.46mg (6.65%), Vitamin A: 317.48IU (6.35%), Copper: 0.11mg (5.32%), Fiber: 1.22g (4.89%), Magnesium: 17.99mg (4.5%), Calcium: 39.28mg (3.93%), Potassium: 100.02mg (2.86%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.31mg (2.07%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.23µg (1.55%), Vitamin B6: 0.03mg (1.42%)