



## Oatmeal Cake with Streusel Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



500 kcal

DESSERT

### Ingredients

- ☐ 6.7 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 4 oz butter — softened (I used an I Can't Believe it Not Butter stick)
- ☐ 4 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons milk
- ☐ 1 cup oats instant uncooked quick (not )
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1.5 cups water

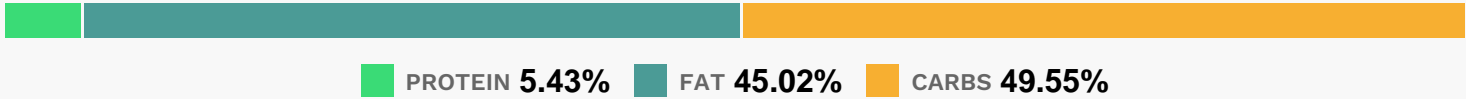
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ broiler

## Directions

- ☐ Bring water to a boil in a lidded saucepan.
- ☐ Remove from heat, stir in the oats, cover and let sit for 20 minutes.
- ☐ Remove cover and let sit for another 10. Meanwhile, stir flour, baking soda, cinnamon, nutmeg and salt together in a medium bowl; set aside. In a large mixing bowl and using an electric mixer, cream the butter and both sugars for about 2 minutes.
- ☐ Add the eggs one at a time, beating for a minute after each egg. Beat in the vanilla and oatmeal. By hand, stir in the flour mixture.
- ☐ Pour mixture into a greased 8 inch glass pie plate and bake on center rack at 350 F for about 40 minutes. While the cake bakes, stir together all topping ingredients. When cake is done, spread topping over cake. Preheat the broiler and broil the cake until topping is golden and bubbly – be careful not to burn it! Cool in pan on a rack and cut into squares.

# Nutrition Facts



## Properties

Glycemic Index:52.26, Glycemic Load:24.35, Inflammation Score:-5, Nutrition Score:10.125217371661%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 500.1kcal (25.01%), Fat: 25.53g (39.27%), Saturated Fat: 13.13g (82.07%), Carbohydrates: 63.23g (21.08%), Net Carbohydrates: 60.76g (22.1%), Sugar: 36.96g (41.07%), Cholesterol: 92.48mg (30.83%), Sodium: 384.67mg (16.72%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.93g (13.85%), Manganese: 0.94mg (46.82%), Selenium: 16.44µg (23.49%), Vitamin B1: 0.27mg (17.83%), Folate: 60.94µg (15.23%), Phosphorus: 131.29mg (13.13%), Vitamin B2: 0.22mg (12.76%), Iron: 2.23mg (12.4%), Vitamin A: 604.96IU (12.1%), Copper: 0.23mg (11.55%), Fiber: 2.46g (9.85%), Magnesium: 37.76mg (9.44%), Vitamin B3: 1.67mg (8.34%), Zinc: 1.04mg (6.96%), Calcium: 56.37mg (5.64%), Vitamin B5: 0.55mg (5.46%), Vitamin B6: 0.1mg (5.2%), Vitamin E: 0.75mg (5.02%), Potassium: 167.24mg (4.78%), Vitamin B12: 0.17µg (2.79%), Vitamin K: 2.09µg (1.99%), Vitamin D: 0.29µg (1.94%)