



Peanut Streusel Topping

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 1 cup dry-roasted salted chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 0.1 teaspoon salt

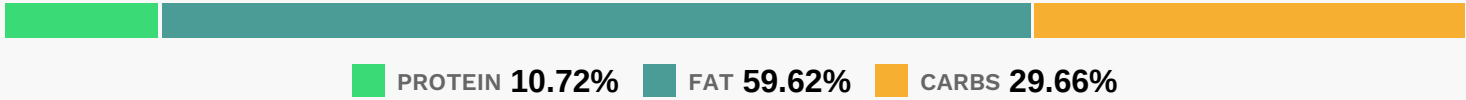
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a medium bowl.
- ☐ Let stand 15 minutes or until mixture is firm. Crumble into small pieces.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:5.13, Inflammation Score:-3, Nutrition Score:4.2686956732169%

Nutrients (% of daily need)

Calories: 170.89kcal (8.54%), Fat: 11.83g (18.2%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.77g (4.28%), Sugar: 5.91g (6.56%), Cholesterol: 12.2mg (4.07%), Sodium: 129.93mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Manganese: 0.39mg (19.45%), Vitamin B3: 2.56mg (12.78%), Folate: 30.04µg (7.51%), Magnesium: 26.34mg (6.59%), Phosphorus: 64.76mg (6.48%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.47g (5.87%), Copper: 0.11mg (5.37%), Selenium: 3.33µg (4.75%), Iron: 0.65mg (3.62%), Potassium: 126.19mg (3.61%), Vitamin A: 141.82IU (2.84%), Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.09%), Calcium: 19.93mg (1.99%)