



Pecan Streusel

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup pecans chopped

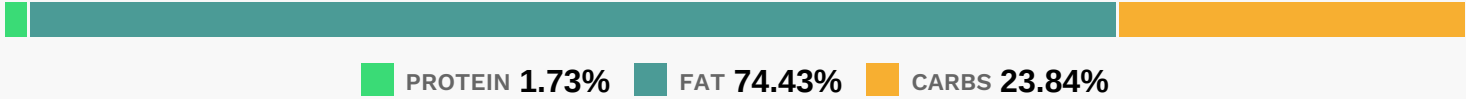
Equipment

- ☐ bowl

Directions

☐ Combine first 4 ingredients in a small bowl; stir in pecans.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:3.9408696021723%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 306.48kcal (15.32%), Fat: 26.27g (40.42%), Saturated Fat: 12.34g (77.15%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.8g (6.47%), Sugar: 16.46g (18.29%), Cholesterol: 48.81mg (16.27%), Sodium: 150.62mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Manganese: 0.53mg (26.44%), Vitamin A: 573.67IU (11.47%), Copper: 0.14mg (7.05%), Vitamin B1: 0.08mg (5.66%), Fiber: 1.14g (4.56%), Vitamin E: 0.68mg (4.55%), Magnesium: 15.52mg (3.88%), Phosphorus: 37.99mg (3.8%), Zinc: 0.53mg (3.54%), Calcium: 28mg (2.8%), Iron: 0.48mg (2.64%), Potassium: 74.12mg (2.12%), Selenium: 1.35µg (1.93%), Vitamin K: 2.01µg (1.91%), Vitamin B2: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.56%), Folate: 5.99µg (1.5%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.25mg (1.23%)