



Pineapple Crumb Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter chilled cut into small pieces
- 2 ounces cream cheese fat-free
- 1 large eggs beaten
- 1.3 cups flour all-purpose
- 1 teaspoon lemon rind grated
- 0.5 cup milk 1% low-fat

- 0.3 cup pineapple preserves
- 0.1 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

Equipment

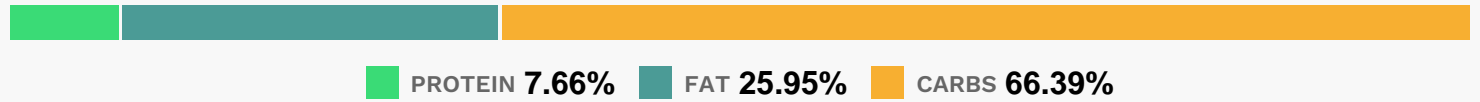
- bowl
- frying pan
- oven
- knife
- whisk
- blender
- cake form
- measuring cup

Directions

- Preheat oven to 35
- Combine cream cheese and 2 tablespoons sugar, and stir until blended. Set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, 1/2 cup sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Remove 1/3 cup crumb mixture; set aside.
- Add baking powder and baking soda to remaining crumb mixture; stir well with a whisk.
- Add egg and next 3 ingredients. Beat with a mixer at medium speed until blended.
- Pour into an 8-inch round cake pan coated with cooking spray.
- Spread cheese mixture over batter. Spoon pineapple preserves over cheese mixture; sprinkle with remaining crumb mixture.
- Bake at 350 for 35 minutes or until edges of cake just begin to pull away from sides of pan.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:25.63, Inflammation Score:-3, Nutrition Score:4.9360870045164%

Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 6.81g (10.47%), Saturated Fat: 4g (25.02%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 38.52g (14.01%), Sugar: 21.9g (24.33%), Cholesterol: 40.09mg (13.36%), Sodium: 211.04mg (9.18%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 4.52g (9.04%), Selenium: 9.58µg (13.68%), Vitamin B1: 0.17mg (11.29%), Folate: 42.87µg (10.72%), Vitamin B2: 0.18mg (10.51%), Phosphorus: 94.99mg (9.5%), Manganese: 0.14mg (7.14%), Calcium: 68.98mg (6.9%), Iron: 1.12mg (6.23%), Vitamin B3: 1.2mg (6%), Vitamin A: 243.81IU (4.88%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.4mg (2.68%), Fiber: 0.67g (2.68%), Potassium: 84.07mg (2.4%), Copper: 0.05mg (2.38%), Magnesium: 9.11mg (2.28%), Vitamin D: 0.29µg (1.91%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.73%), Vitamin C: 1.26mg (1.52%)