



Plum-Streusel Kuchen

READY IN



45 min.

SERVINGS



9

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons light-colored corn syrup
- ☐ 1 large eggs
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1.7 cups flour all-purpose divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon lemon rind grated
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.8 pound plums sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ measuring cup

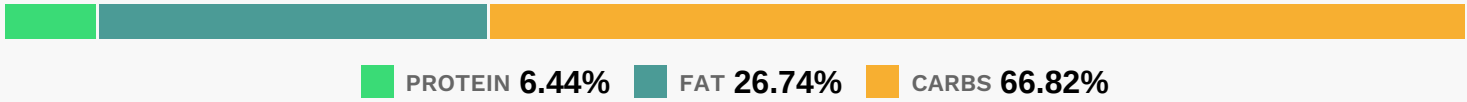
Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place 1/3 cup flour, 1/2 cup sugar, and ground cinnamon in a food processor, and pulse the mixture 2 to 3 times. With processor on, slowly add the oil and corn syrup through food chute, processing until the mixture resembles coarse meal.
- ☐ Remove the streusel mixture from the food processor, and set aside.
- ☐ Place 1 1/3 cups flour, 1/3 cup sugar, baking powder, and salt in a food processor, and pulse mixture 2 to 3 times.
- ☐ Add the margarine, and process until mixture resembles coarse meal.
- ☐ Place margarine mixture in a large bowl.
- ☐ Combine yogurt, water, vanilla, rind, and egg, and stir with a whisk. Stir yogurt mixture into margarine mixture in a large bowl until blended. Spoon batter into a 9-inch round cake pan

coated with cooking spray.

- ☐ Sprinkle half of streusel mixture evenly over batter. Top with plums, arranging in a circular pattern.
- ☐ Sprinkle the remaining streusel mixture evenly over the plums.
- ☐ Bake kuchen at 400 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:27.61, Inflammation Score:-4, Nutrition Score:5.9817391271177%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 257.92kcal (12.9%), Fat: 7.75g (11.93%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 42.36g (15.4%), Sugar: 25.16g (27.96%), Cholesterol: 20.94mg (6.98%), Sodium: 194.32mg (8.45%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Protein: 4.2g (8.4%), Selenium: 10.18µg (14.54%), Vitamin B1: 0.2mg (13.55%), Folate: 48.59µg (12.15%), Vitamin B2: 0.19mg (11.07%), Manganese: 0.2mg (10.08%), Vitamin A: 396.85IU (7.94%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 74.8mg (7.48%), Iron: 1.32mg (7.32%), Calcium: 66.05mg (6.6%), Vitamin K: 5.35µg (5.09%), Fiber: 1.23g (4.93%), Vitamin C: 3.95mg (4.78%), Potassium: 131.48mg (3.76%), Vitamin E: 0.5mg (3.34%), Vitamin B5: 0.33mg (3.32%), Copper: 0.06mg (3.19%), Magnesium: 11.54mg (2.88%), Zinc: 0.42mg (2.79%), Vitamin B12: 0.14µg (2.32%), Vitamin B6: 0.04mg (1.95%)