



WHATSheATE



Pumpkin-Apple Streusel Cake

READY IN



45 min.

SERVINGS



8

CALORIES



747 kcal

DESSERT

Ingredients

- ☐ 5.5 cups flour
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup pumpkin puree pure canned
- ☐ 2 large eggs
- ☐ 1 cup brown sugar packed (firmly)
- ☐ 4 cups apples i use 2 granny smith apples diced cored peeled (4 large)
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted cut into pieces, room temperature (1 stick)
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add apples; sauté until apples begin to brown, about 5 minutes.
- ☐ Add sugar and cinnamon and sauté until golden brown, about 3 minutes longer. Cool.
- ☐ Preheat oven to 350°F. Butter 9-inch-diameter springform pan.
- ☐ Combine flour, brown sugar, butter, and salt in large bowl. Using electric mixer, beat until mixture resembles coarse meal. Set aside 2/3 cup of mixture for topping. Beat pumpkin, sour cream, 2 tablespoons sugar, spice, and baking soda into remaining flour mixture, beating just until smooth. Beat in eggs.
- ☐ Transfer batter to pan. Scatter apples evenly over top.
- ☐ Sprinkle reserved topping over apples.
- ☐ Bake cake until topping is golden brown and tester inserted into center comes out clean, about 1 hour 10 minutes. Cool cake in pan on rack 20 minutes. Run knife around pan sides to loosen cake. Release pan sides from cake.
- ☐ Transfer cake to platter. (Can be made 6 hours ahead.)
- ☐ Let stand at room temperature.)
- ☐ Serve warm or at room temperature with ice cream.

Nutrition Facts

 **PROTEIN 7.24%**  **FAT 27.44%**  **CARBS 65.32%**

Properties

Glycemic Index:30.39, Glycemic Load:61.04, Inflammation Score:-10, Nutrition Score:22.2956522755%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 746.69kcal (37.33%), Fat: 22.9g (35.24%), Saturated Fat: 13.35g (83.41%), Carbohydrates: 122.69g (40.9%), Net Carbohydrates: 117.54g (42.74%), Sugar: 51.58g (57.31%), Cholesterol: 111.7mg (37.23%), Sodium: 368.73mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.21%), Vitamin A: 4370.03IU (87.4%), Selenium: 35.15µg (50.21%), Vitamin B1: 0.73mg (48.41%), Folate: 172.48µg (43.12%), Vitamin B2: 0.69mg (40.65%), Manganese: 0.79mg (39.68%), Iron: 4.99mg (27.7%), Vitamin B3: 5.36mg (26.8%), Phosphorus: 214.31mg (21.43%), Fiber: 5.16g (20.62%), Calcium: 156.04mg (15.6%), Potassium: 411.18mg (11.75%), Vitamin B5: 1.17mg (11.66%), Magnesium: 42.6mg (10.65%), Copper: 0.21mg (10.49%), Zinc: 1.35mg (9.01%), Vitamin E: 1.12mg (7.45%), Vitamin B6: 0.15mg (7.36%), Vitamin B12: 0.41µg (6.88%), Vitamin K: 6.9µg (6.57%), Vitamin C: 4.45mg (5.39%), Vitamin D: 0.59µg (3.97%)