



## Pumpkin Crumb Coffee Cake

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



384 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 15 oz pumpkin puree canned
- ☐ 1 tablespoon cinnamon
- ☐ 1.5 teaspoons cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 2 large eggs lightly beaten at room temperature
- ☐ 1 cup flour all-purpose

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 6 tablespoons butter unsalted cold cut into pieces
- ☐ 0.8 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

## Equipment

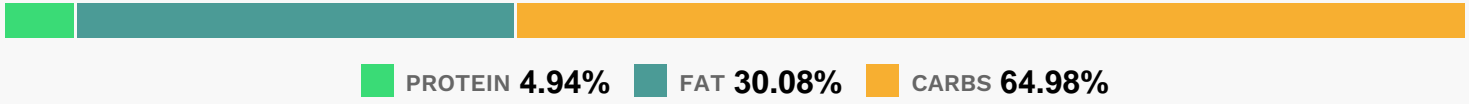
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Make topping: In a bowl, stir together flour, brown sugar, salt and cinnamon.
- ☐ Add butter and combine with fingertips until mixture is crumbly. Refrigerate while making batter.
- ☐ Make cake: Preheat oven to 350F. Butter and flour a 9-by-13-inch cake pan. In a small bowl, combine flour, baking powder, baking soda, salt and spices. In a large bowl, whisk together oil, applesauce, pumpkin, vanilla and both sugars until well mixed.
- ☐ Whisk in eggs.
- ☐ Add flour mixture to pumpkin mixture and stir until just combined; do not overmix.

- ☐
- Pour batter into cake pan and spread evenly.
- ☐
- Sprinkle with reserved topping.
- ☐
- Bake cake until a toothpick inserted into center comes out clean, 45 to 50 minutes. Allow to cool in pan on a wire rack at least 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:34.86, Inflammation Score:-10, Nutrition Score:12.963043497956%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 383.97kcal (19.2%), Fat: 13.08g (20.13%), Saturated Fat: 4.91g (30.72%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 61g (22.18%), Sugar: 36.66g (40.73%), Cholesterol: 46.05mg (15.35%), Sodium: 217.07mg (9.44%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 4.84g (9.67%), Vitamin A: 5742.29IU (114.85%), Manganese: 0.55mg (27.69%), Selenium: 13.89µg (19.84%), Vitamin B1: 0.26mg (17.48%), Vitamin K: 17.78µg (16.93%), Folate: 66.28µg (16.57%), Iron: 2.4mg (13.36%), Vitamin B2: 0.22mg (13.21%), Fiber: 2.59g (10.37%), Vitamin B3: 2.05mg (10.27%), Vitamin E: 1.19mg (7.9%), Phosphorus: 77.76mg (7.78%), Calcium: 67.91mg (6.79%), Copper: 0.11mg (5.31%), Magnesium: 19.04mg (4.76%), Vitamin B5: 0.44mg (4.37%), Potassium: 152.85mg (4.37%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.43mg (2.89%), Vitamin C: 1.68mg (2.04%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.09µg (1.43%)