



Quick-and-Easy Streusel Cake

 Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



265 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 0.5 cup cherries dried chopped
- 3 eggs
- 2 tsp ground cinnamon
- 0.5 cup honey-flavored multi-grain cereal flakes with oat clusters and almonds
- 0.3 cup oil
- 1.3 cups orange juice
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

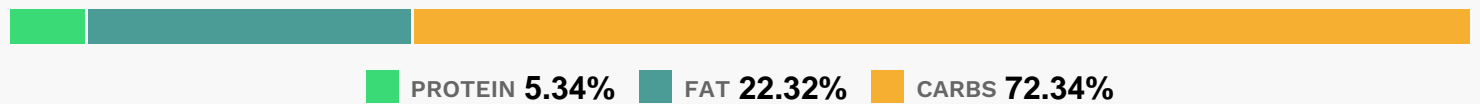
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350F. Beat cake mix with eggs, oil and orange juice with electric mixer on medium speed until well blended.
- Pour into greased 13x9-in. baking pan.
- Mix brown sugar and cinnamon in medium bowl. Stir in cereal and dried fruit; sprinkle evenly over batter in pan.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:3.01, Inflammation Score:-3, Nutrition Score:6.1639130996621%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 265.14kcal (13.26%), Fat: 6.66g (10.24%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 47.14g (17.14%), Sugar: 31.39g (34.87%), Cholesterol: 30.69mg (10.23%), Sodium: 284.92mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.29mg (14.52%), Phosphorus: 136.45mg (13.64%), Vitamin C: 10.35mg (12.54%), Calcium: 105.2mg (10.52%), Folate: 35.31µg (8.83%), Vitamin E: 1.26mg (8.38%), Vitamin B1: 0.13mg (8.37%), Selenium: 5.61µg (8.01%), Vitamin B2: 0.13mg (7.7%), Iron: 1.23mg (6.85%), Vitamin B3: 1.18mg (5.92%), Fiber: 1.4g (5.61%), Vitamin K: 4.99µg (4.75%), Vitamin A: 221.53IU (4.43%), Vitamin B5: 0.35mg (3.53%), Vitamin B6: 0.07mg (3.46%), Magnesium: 13.62mg (3.4%), Copper: 0.06mg (3.13%), Potassium: 106.08mg (3.03%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.17µg (1.1%)