



## Raspberry-Almond Crumb Cake

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons almonds sliced
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 3 ounces weight cream cheese fat-free block-style softened
- 1 large eggs
- 1 large egg whites
- 1 cup flour all-purpose
- 2 tablespoons milk 1% low-fat

- 0.3 cup stick margarine chilled cut into small pieces
- 0.3 cup raspberries fresh
- 0.3 cup raspberry jam
- 0.1 teaspoon salt
- 0.3 cup cream fat-free sour
- 0.3 cup sugar
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

## Equipment

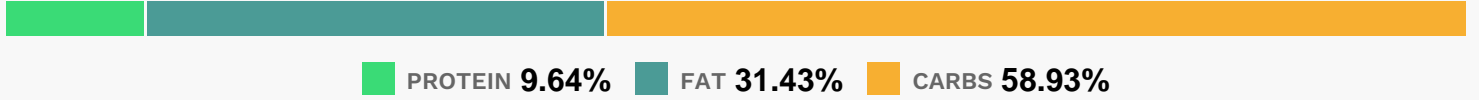
- bowl
- oven
- knife
- wire rack
- blender
- cake form
- measuring cup

## Directions

- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1/3 cup sugar, and salt in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping; set aside.
- Combine remaining flour mixture, baking powder, and baking soda, and add sour cream, milk, extracts, and egg. Beat at medium speed of a mixer until blended. Spoon the batter into an 8-inch round cake pan coated with cooking spray.
- Combine cream cheese, 2 tablespoons sugar, and egg white; beat at medium speed until blended.
- Spread evenly over batter; dot with preserves. Top with raspberries.

- Combine the reserved 1/2 cup flour mixture and almonds.
- Sprinkle crumb mixture over raspberries.
- Bake at 350 for 30 minutes or until cake springs back when touched lightly in center. Cool on a wire rack.

## Nutrition Facts



### Properties

Glycemic Index:49.77, Glycemic Load:20.66, Inflammation Score:-4, Nutrition Score:5.8521738765032%

### Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 233.52kcal (11.68%), Fat: 8.17g (12.57%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 33.3g (12.11%), Sugar: 17.79g (19.77%), Cholesterol: 25.58mg (8.53%), Sodium: 276.05mg (12%), Alcohol: 0.26g (100%), Alcohol %: 0.37% (100%), Protein: 5.64g (11.28%), Selenium: 9.54µg (13.63%), Vitamin B2: 0.22mg (12.69%), Phosphorus: 121.15mg (12.12%), Manganese: 0.21mg (10.39%), Folate: 39.94µg (9.98%), Vitamin B1: 0.14mg (9.65%), Calcium: 87.38mg (8.74%), Vitamin A: 337.31IU (6.75%), Vitamin E: 1mg (6.69%), Iron: 1.07mg (5.95%), Vitamin B3: 1.1mg (5.48%), Fiber: 1.18g (4.71%), Magnesium: 17.04mg (4.26%), Copper: 0.08mg (3.78%), Vitamin B12: 0.22µg (3.66%), Zinc: 0.52mg (3.48%), Potassium: 118.5mg (3.39%), Vitamin B5: 0.31mg (3.12%), Vitamin C: 2.26mg (2.74%), Vitamin B6: 0.04mg (1.82%), Vitamin D: 0.17µg (1.11%)