



Raspberry Crumb Cake

READY IN



90 min.

SERVINGS



9

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.7 cups cake mix yellow
- 0.3 cup cream sour
- 3 tablespoons vegetable oil
- 3 tablespoons water
- 1 eggs
- 0.8 cup raspberries fresh
- 0.5 cup sugar
- 0.3 cup almonds sliced
- 3 tablespoons flour all-purpose

- 3 tablespoons butter softened
- 1 serving raspberries fresh
- 1 leaves mint leaves fresh

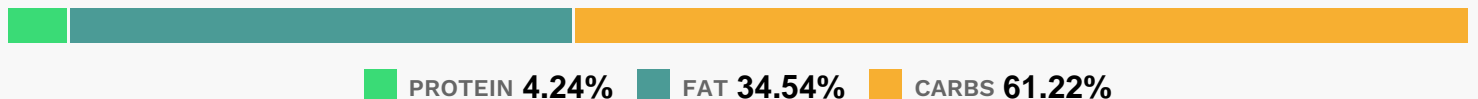
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 9- or 8-inch square pan with baking spray with flour.
- In large bowl, beat cake mix, sour cream, oil, water and egg with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Spread in pan.
- Place raspberries on top of batter.
- In small bowl, stir topping ingredients with fork until well mixed.
- Sprinkle evenly over batter and raspberries.
- Bake 9-inch pan 30 to 40 minutes, 8-inch pan 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool at least 30 minutes before serving.
- Garnish with fresh raspberries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:7.0195652764776%

Flavonoids

Cyanidin: 7.71mg, Cyanidin: 7.71mg, Cyanidin: 7.71mg, Cyanidin: 7.71mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 334.78kcal (16.74%), Fat: 13.08g (20.12%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 50.07g (18.21%), Sugar: 31.18g (34.65%), Cholesterol: 21.96mg (7.32%), Sodium: 372.5mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Phosphorus: 175.35mg (17.54%), Manganese: 0.29mg (14.64%), Vitamin E: 2.01mg (13.42%), Calcium: 117.02mg (11.7%), Vitamin B2: 0.2mg (11.51%), Folate: 42.1µg (10.53%), Vitamin K: 11.03µg (10.5%), Vitamin B1: 0.14mg (9.12%), Fiber: 2.1g (8.41%), Iron: 1.37mg (7.59%), Vitamin B3: 1.4mg (6.98%), Selenium: 4.14µg (5.91%), Vitamin C: 4.44mg (5.38%), Magnesium: 19.22mg (4.8%), Vitamin A: 238.9IU (4.78%), Copper: 0.09mg (4.58%), Vitamin B5: 0.34mg (3.42%), Vitamin B6: 0.06mg (3%), Zinc: 0.4mg (2.65%), Potassium: 90.36mg (2.58%), Vitamin B12: 0.11µg (1.76%)