



Raspberry Crumb Cake

READY IN



90 min.

SERVINGS



9

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 3 tablespoons butter softened
- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 leaves mint leaves fresh
- ☐ 0.8 cup raspberries fresh
- ☐ 9 servings raspberries fresh
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup sugar

- ☐ 3 tablespoons vegetable oil
- ☐ 3 tablespoons water
- ☐ 1.7 cups cake mix yellow

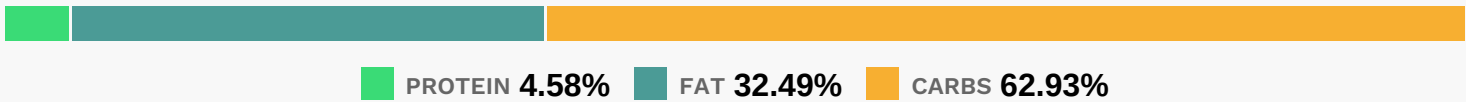
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:10.15, Inflammation Score:-5, Nutrition Score:10.50782602248%

Flavonoids

Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 362.51kcal (18.13%), Fat: 13.43g (20.66%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 52.95g (19.25%), Sugar: 33.54g (37.27%), Cholesterol: 21.96mg (7.32%), Sodium: 373.03mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Manganese: 0.65mg (32.51%), Vitamin C: 18.41mg (22.31%), Fiber: 5.57g (22.28%), Phosphorus: 190.82mg (19.08%), Vitamin E: 2.48mg (16.51%), Vitamin K: 15.19µg (14.46%), Folate: 53.3µg (13.33%), Calcium: 130.35mg (13.04%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.15mg (10.26%), Iron: 1.73mg (9.63%), Vitamin B3: 1.71mg (8.57%), Magnesium: 30.95mg (7.74%), Copper: 0.14mg (6.98%), Selenium: 4.25µg (6.07%), Vitamin B5: 0.52mg (5.17%), Vitamin A: 256.5IU (5.13%), Potassium: 170.89mg (4.88%), Vitamin B6: 0.09mg (4.47%), Zinc: 0.62mg (4.15%), Vitamin B12: 0.11µg (1.76%)