



Raspberry-Sour Cream Crumb Cake

 Vegetarian

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READY IN

ready

60 min.

SERVINGS

servings

10

CALORIES

calories

323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons confectioners' sugar
- ☐ 3 eggs room-temperature
- ☐ 1.8 cups flour all-purpose
- ☐ 1 lemon zest
- ☐ 2 cups raspberries fresh
- ☐ 0.3 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch springform pan.
- ☐ Stir 1 cup flour, 2/3 cup sugar, and lemon zest together in a bowl; add melted butter and stir with a fork until the mixture turns crumbly. Set aside.
- ☐ Mix 1 3/4 cup flour, 1 cup sugar, baking powder, baking soda, and salt together in a large bowl.
- ☐ Whisk together the eggs, sour cream, and vanilla in another bowl until they are well blended.
- ☐ Add the egg mixture to the flour mixture in the large bowl and beat until you get a smooth and fluffy batter, about 2 minutes.
- ☐ Pour into the prepared pan; cover with an even layer of raspberries.
- ☐ Sprinkle the topping over the raspberries.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, 38 to 42 minutes. Cool on a wire rack for 20 minutes before removing sides. Dust with confectioners' sugar to serve.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:26.58, Inflammation Score:-4, Nutrition Score:7.4069565586422%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 322.98kcal (16.15%), Fat: 15.36g (23.63%), Saturated Fat: 8.61g (53.78%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 40.38g (14.69%), Sugar: 23.56g (26.18%), Cholesterol: 87.08mg (29.03%), Sodium: 198.4mg (8.63%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 4.88g (9.76%), Selenium: 12.62µg (18.02%), Manganese: 0.32mg (15.93%), Folate: 53.07µg (13.27%), Vitamin B2: 0.22mg (13.23%), Vitamin B1: 0.19mg (12.68%), Vitamin A: 506.43IU (10.13%), Phosphorus: 94.55mg (9.45%), Calcium: 90.74mg (9.07%), Fiber: 2.22g (8.86%), Vitamin C: 7.27mg (8.81%), Iron: 1.53mg (8.53%), Vitamin B3: 1.48mg (7.38%), Vitamin E: 0.71mg (4.75%), Vitamin B5: 0.47mg (4.69%), Magnesium: 14.56mg (3.64%), Copper: 0.07mg (3.55%), Zinc: 0.51mg (3.43%), Potassium: 111.49mg (3.19%), Vitamin B12: 0.19µg (3.08%), Vitamin K: 3.12µg (2.97%), Vitamin D: 0.43µg (2.89%), Vitamin B6: 0.06mg (2.81%)