



Rhubarb Streusel Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 3 tablespoons confectioners sugar
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 lb rhubarb stalks fresh cut into 1/4-inch dice

- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 cup milk whole

Equipment

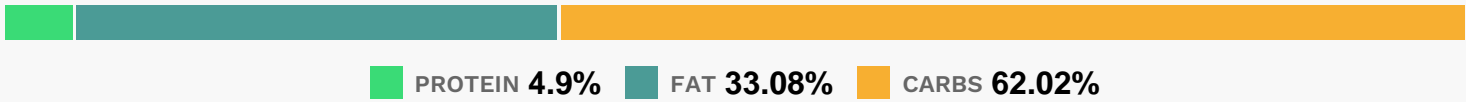
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375°F. Generously butter muffin cups and top of pan.
- ☐ Whisk together flour, brown sugar, cinnamon, and salt in a bowl. Blend in butter with your fingertips until mixture forms small clumps.
- ☐ Whisk together flour, baking powder, and salt in a bowl. Beat together butter and sugar in a large bowl with an electric mixer at medium speed until blended, about 2 minutes.
- ☐ Add eggs and vanilla and beat until fluffy, about 1 minute. Reduce speed to low and add flour mixture and milk alternately in 2 batches, beginning and ending with flour mixture and mixing until just combined.
- ☐ Divide batter among muffin cups (each cup will be about half full). Toss rhubarb with confectioners sugar and sprinkle batter with rhubarb, then crumble streusel evenly on top.
- ☐ Bake in middle of oven until tops are golden and a tester inserted in center of a cake comes out clean, 22 to 25 minutes. Cool cakes in pan on a rack 3 minutes, then loosen edges of cakes with a small sharp knife or small metal spatula.
- ☐ Remove cakes from pan and put on rack to cool slightly.

• Cakes keep in an airtight container at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:16.25, Inflammation Score:-3, Nutrition Score:4.4130434730779%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 240.41kcal (12.02%), Fat: 9g (13.84%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 37.21g (13.53%), Sugar: 27.08g (30.09%), Cholesterol: 52.56mg (17.52%), Sodium: 250.49mg (10.89%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3g (5.99%), Selenium: 7.71µg (11.01%), Vitamin B1: 0.12mg (7.7%), Manganese: 0.15mg (7.64%), Vitamin B2: 0.13mg (7.55%), Folate: 29.48µg (7.37%), Calcium: 68.5mg (6.85%), Vitamin A: 317.36IU (6.35%), Vitamin K: 6.32µg (6.02%), Phosphorus: 53.6mg (5.36%), Iron: 0.93mg (5.18%), Vitamin B3: 0.86mg (4.31%), Potassium: 114.64mg (3.28%), Fiber: 0.74g (2.95%), Vitamin D: 0.42µg (2.8%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.15µg (2.42%), Magnesium: 8.81mg (2.2%), Copper: 0.04mg (1.88%), Vitamin C: 1.52mg (1.84%), Zinc: 0.28mg (1.83%), Vitamin B6: 0.04mg (1.81%)