



Spiced Nut Streusel

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup pecans lightly toasted chopped

Equipment

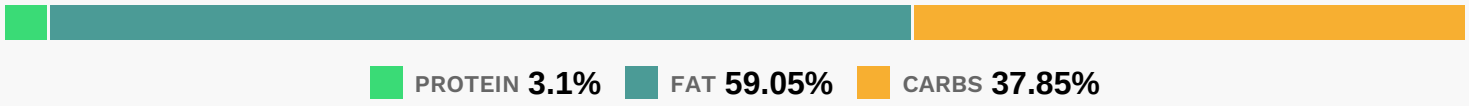
- ☐ bowl

Directions

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Stir together brown sugar, flour, cinnamon, and cloves in a small bowl; stir in pecans and melted butter until mixture is crumbly.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:3.072608711279%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 136.62kcal (6.83%), Fat: 9.42g (14.5%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.42g (4.52%), Sugar: 11.08g (12.31%), Cholesterol: 6.02mg (2.01%), Sodium: 21.28mg (0.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Manganese: 0.55mg (27.26%), Copper: 0.13mg (6.37%), Vitamin B1: 0.08mg (5.16%), Fiber: 1.17g (4.67%), Magnesium: 13.66mg (3.42%), Zinc: 0.47mg (3.14%), Phosphorus: 30.4mg (3.04%), Iron: 0.43mg (2.39%), Calcium: 20.28mg (2.03%), Potassium: 59.3mg (1.69%), Vitamin A: 76.48IU (1.53%), Selenium: 1.06µg (1.51%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.34%), Folate: 5.15µg (1.29%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.11mg (1.11%), Vitamin B3: 0.22mg (1.11%)