



Streusel Topping

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.5 cup firmly brown sugar light packed
- 0.5 cup butter softened
- 0.7 cup flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg

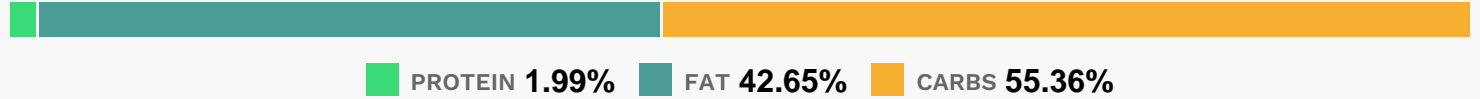
Equipment

- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until creamy; gradually add granulated sugar and brown sugar, beating well.
- Add flour, cinnamon, and nutmeg; beat just until blended.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:11.61, Inflammation Score:-2, Nutrition Score:1.8747826170824%

Nutrients (% of daily need)

Calories: 193.03kcal (9.65%), Fat: 9.36g (14.4%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 26.98g (9.81%), Sugar: 20.71g (23.01%), Cholesterol: 24.4mg (8.13%), Sodium: 76.36mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin A: 284.33IU (5.69%), Manganese: 0.1mg (5.11%), Selenium: 3.14µg (4.48%), Vitamin B1: 0.07mg (4.42%), Folate: 15.79µg (3.95%), Vitamin B2: 0.05mg (2.77%), Iron: 0.49mg (2.73%), Vitamin B3: 0.51mg (2.56%), Vitamin E: 0.27mg (1.82%), Calcium: 15.39mg (1.54%), Fiber: 0.35g (1.41%), Phosphorus: 12.51mg (1.25%)