



Streusel Topping

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

Ingredients

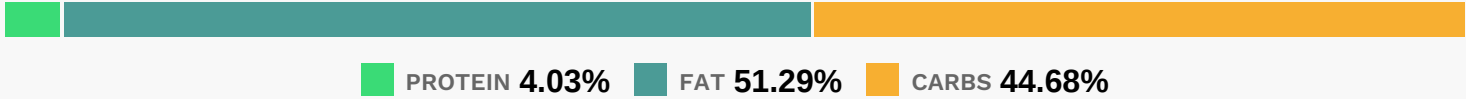
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup oats uncooked
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup self raising flour

Equipment

Directions

☐ Stir together brown sugar, flour, and butter until crumbly, using a fork. Stir in oats and pecans.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:4.83, Inflammation Score:-3, Nutrition Score:4.1760869651385%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 235.03kcal (11.75%), Fat: 13.76g (21.17%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 25.48g (9.27%), Sugar: 16.33g (18.14%), Cholesterol: 24.4mg (8.13%), Sodium: 78.21mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Manganese: 0.6mg (29.98%), Selenium: 5.34µg (7.63%), Fiber: 1.49g (5.97%), Copper: 0.12mg (5.81%), Phosphorus: 57.79mg (5.78%), Vitamin A: 286.81IU (5.74%), Magnesium: 21.06mg (5.26%), Vitamin B1: 0.08mg (5.26%), Zinc: 0.61mg (4.07%), Iron: 0.66mg (3.66%), Vitamin E: 0.4mg (2.66%), Calcium: 25.39mg (2.54%), Potassium: 82.62mg (2.36%), Vitamin B5: 0.2mg (1.99%), Vitamin B2: 0.03mg (1.6%), Folate: 6.36µg (1.59%), Vitamin B6: 0.03mg (1.45%), Vitamin B3: 0.24mg (1.2%), Vitamin K: 1.17µg (1.11%)