

Vanilla Crumb

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 5 ounces flour all-purpose
- ☐ 5.3 ounces granulated sugar
- ☐ 0.3 teaspoon sea salt fine
- ☐ 4 ounces butter unsalted cold cut into 1/4-inch cubes
- ☐ 1 tablespoon vanilla extract pure

Equipment

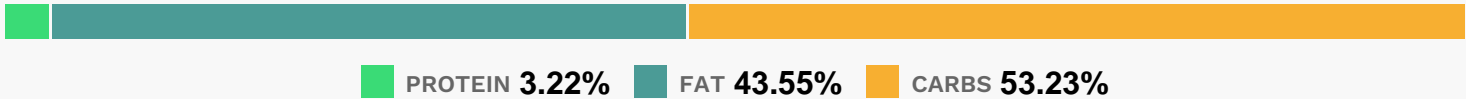
- ☐ food processor
- ☐ bowl

☐ stand mixer

Directions

- ☐ Combine the flour, sugars, salt, and butter in the bowl of a food processor or a stand mixer with the paddle attachment. If using a food processor, pulse until the mixture is the texture of coarse crumbs. With a stand mixer, combine on low speed, also until the texture of coarse crumbs.
- ☐ Drizzle the vanilla over the mixture and either pulse or mix briefly to distribute the vanilla.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Baker & Spice, evolved from her involvement in the Portland and Hillsdale farmers' markets. She lives in Portland, Oregon.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:22.77, Inflammation Score:-3, Nutrition Score:3.0899999854357%

Nutrients (% of daily need)

Calories: 242.43kcal (12.12%), Fat: 11.73g (18.05%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 31.79g (11.56%), Sugar: 18.83g (20.92%), Cholesterol: 30.48mg (10.16%), Sodium: 74.92mg (3.26%), Alcohol: 0.56g (100%), Alcohol %: 1.35% (100%), Protein: 1.95g (3.9%), Vitamin B1: 0.14mg (9.33%), Selenium: 6.26µg (8.94%), Folate: 32.85µg (8.21%), Vitamin A: 354.23IU (7.08%), Manganese: 0.13mg (6.3%), Vitamin B2: 0.1mg (5.73%), Vitamin B3: 1.06mg (5.29%), Iron: 0.84mg (4.65%), Phosphorus: 22.64mg (2.26%), Vitamin E: 0.34mg (2.26%), Fiber: 0.48g (1.91%), Copper: 0.03mg (1.52%), Vitamin D: 0.21µg (1.42%), Magnesium: 4.38mg (1.09%)