



## Velvet Crumb Cake

READY IN



40 min.

SERVINGS



8

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1.5 cups baking mix bisquick heart smart®
- ☐ 0.5 cup sugar
- ☐ 1 eggs
- ☐ 0.7 cup skim milk fat-free (skim)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup nuts chopped

- ☐ 2 tablespoons butter softened
- ☐ 2 tablespoons skim milk fat-free (skim)

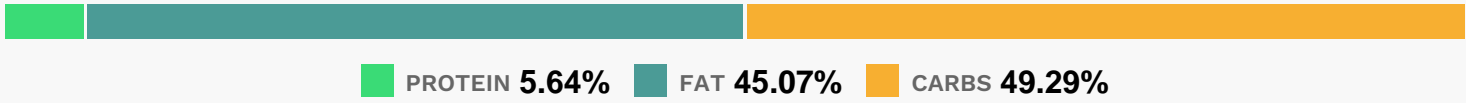
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Heat oven to 350°F. Spray 8-inch square pan or 9-inch round cake pan with cooking spray. In medium bowl, beat all coffee cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 1 minute, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean; cool slightly.
- ☐ Set oven control to broil. In medium bowl, mix all topping ingredients with fork until crumbly. Spoon evenly over cake. Broil with top about 3 inches from heat about 2 minutes or until topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:20.78, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:6.6821738928556%

## Nutrients (% of daily need)

Calories: 313.79kcal (15.69%), Fat: 16.01g (24.63%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 37.65g (13.69%), Sugar: 25.68g (28.54%), Cholesterol: 21.64mg (7.21%), Sodium: 343.07mg (14.92%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.51g (9.02%), Phosphorus: 200.09mg (20.01%), Manganese: 0.32mg (15.96%), Vitamin B1: 0.16mg (10.51%), Vitamin B2: 0.17mg (10.21%), Calcium: 88.62mg (8.86%),

Folate: 34.05µg (8.51%), Vitamin K: 7.75µg (7.38%), Copper: 0.14mg (7.22%), Selenium: 5.03µg (7.18%), Fiber: 1.74g (6.97%), Vitamin B3: 1.31mg (6.56%), Iron: 1.13mg (6.31%), Magnesium: 25.08mg (6.27%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.28µg (4.67%), Potassium: 154.99mg (4.43%), Vitamin A: 205.77IU (4.12%), Zinc: 0.6mg (3.98%), Vitamin B6: 0.07mg (3.7%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.38µg (2.51%)