



## Alice's Easy Blueberry Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



131 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups blueberries fresh
- 2 tablespoons butter melted
- 2 eggs beaten
- 2.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 2 teaspoons vanilla extract

- 0.5 cup vegetable oil
- 2 tablespoons sugar white to taste

## Equipment

- bowl
- oven
- baking pan
- toothpicks

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13-inch baking dish.
- Sift 2 1/2 cups flour, 1 1/2 cup sugar, baking powder, and salt together in a bowl.
- Add milk, vegetable oil, eggs, and vanilla extract; mix into a semi-thick batter.
- Toss blueberries with about 2 teaspoons flour in a separate bowl; fold into batter.
- Pour batter into prepared baking dish.
- Bake in the preheated oven until cake is lightly browned, 25 to 30 minutes.
- Brush melted butter on top of cake and sprinkle with about 2 tablespoons sugar. Continue to bake until golden brown and a toothpick inserted in the center comes out clean, 5 to 10 more minutes.

## Nutrition Facts



**PROTEIN 10.32%** **FAT 27.97%** **CARBS 61.71%**

## Properties

Glycemic Index:22.82, Glycemic Load:13.19, Inflammation Score:-3, Nutrition Score:4.8647826288057%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 130.86kcal (6.54%), Fat: 4.05g (6.23%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 19.13g (6.96%), Sugar: 4.21g (4.68%), Cholesterol: 26.05mg (8.68%), Sodium: 250.34mg (10.88%), Alcohol: 0.17g (100%), Alcohol %: 0.31% (100%), Protein: 3.36g (6.73%), Selenium: 8.65µg (12.35%), Vitamin B1: 0.17mg (11.4%), Manganese: 0.2mg (9.96%), Folate: 39.49µg (9.87%), Vitamin B2: 0.15mg (8.92%), Calcium: 70.53mg (7.05%), Phosphorus: 66.49mg (6.65%), Iron: 1.14mg (6.33%), Vitamin B3: 1.25mg (6.27%), Vitamin K: 6.32µg (6.02%), Fiber: 0.97g (3.89%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.13µg (2.24%), Vitamin E: 0.33mg (2.23%), Vitamin C: 1.79mg (2.18%), Copper: 0.04mg (2.17%), Vitamin A: 108.13IU (2.16%), Magnesium: 8.2mg (2.05%), Zinc: 0.3mg (2.02%), Potassium: 66.98mg (1.91%), Vitamin D: 0.28µg (1.85%), Vitamin B6: 0.04mg (1.85%)