



Blackberry Brunch Cake

READY IN



60 min.

SERVINGS



9

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup all-bran cereal
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 eggs
- ☐ 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 cup blackberries fresh frozen organic thaw cascadian farm® (do not)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 350°F.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ Grease with shortening and lightly flour bottom and sides of 9-inch square pan, or spray with baking spray with flour. In small bowl, mix topping ingredients; set aside.
- ☐ In medium bowl, stir together 1 1/2 cups flour, the cereal, baking powder and baking soda; set aside.
- ☐ In large bowl, beat granulated sugar and butter with spoon until fluffy.
- ☐ Add vanilla, lemon peel and egg; beat until creamy. Stir in yogurt. Stir in flour mixture until blended. Gently stir in 1 cup blackberries.
- ☐ Pour into pan; spread evenly.
- ☐ Sprinkle topping over batter.

- ☐ Bake 40 to 45 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:23.54, Inflammation Score:-7, Nutrition Score:15.166956403981%

Flavonoids

Cyanidin: 15.99mg, Cyanidin: 15.99mg, Cyanidin: 15.99mg, Cyanidin: 15.99mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 294.4kcal (14.72%), Fat: 10.48g (16.12%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 43.58g (15.85%), Sugar: 22.58g (25.09%), Cholesterol: 18.59mg (6.2%), Sodium: 283.65mg (12.33%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 5.66g (11.33%), Vitamin B6: 0.87mg (43.34%), Manganese: 0.82mg (40.8%), Folate: 145.82µg (36.46%), Vitamin B1: 0.37mg (24.84%), Vitamin B12: 1.47µg (24.58%), Vitamin B2: 0.39mg (23.16%), Phosphorus: 169.68mg (16.97%), Selenium: 11.75µg (16.79%), Iron: 2.75mg (15.25%), Fiber: 3.64g (14.55%), Vitamin B3: 2.67mg (13.36%), Calcium: 129.59mg (12.96%), Vitamin A: 594.87IU (11.9%), Magnesium: 39.62mg (9.9%), Zinc: 1.39mg (9.23%), Copper: 0.15mg (7.34%), Vitamin C: 5.24mg (6.35%), Potassium: 199.76mg (5.71%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 3.69µg (3.52%), Vitamin D: 0.39µg (2.63%)