



Bluebarb" Coffee Cake

READY IN



75 min.

SERVINGS



8

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup granulated sugar
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter firm
- 2 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.3 cup shortening
- 0.8 cup milk
- 1 eggs

- 2.5 teaspoons double-acting baking powder
- 0.8 teaspoon salt
- 1 cup blueberries fresh
- 1 cup rhubarb fresh thawed drained chopped (and)
- 0.5 cup powdered sugar
- 1.5 teaspoons water hot
- 0.3 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks
- springform pan

Directions

- Heat oven to 375°F. Grease bottom and side of 9-inch springform pan or 9-inch square pan with shortening or cooking spray.
- In small bowl, mix 1/2 cup granulated sugar, 1/3 cup flour and the cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly; set aside.
- In large bowl, mix all coffee cake ingredients except blueberries and rhubarb; beat with spoon 30 seconds. Fold in blueberries and rhubarb.
- Spread in pan.
- Sprinkle with topping.
- Bake 45 to 50 minutes or until toothpick inserted in center of cake (not fruit) comes out clean. Cool 10 minutes.
- Remove from pan if desired.
- In small bowl, mix all glaze ingredients until smooth and thin enough to drizzle.

Drizzle glaze over warm coffee cake.

Serve warm if desired.

Nutrition Facts

PROTEIN 5.13% **FAT 28.92%** **CARBS 65.95%**

Properties

Glycemic Index:59.77, Glycemic Load:43.62, Inflammation Score:-5, Nutrition Score:8.7652172938637%

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: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg 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: 426.5kcal (21.32%), Fat: 13.92g (21.42%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 71.44g (23.81%), Net Carbohydrates: 69.67g (25.33%), Sugar: 41.77g (46.41%), Cholesterol: 23.2mg (7.73%), Sodium: 436.22mg (18.97%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.55g (11.11%), Selenium: 14.91µg (21.3%), Vitamin B1: 0.31mg (20.88%), Manganese: 0.37mg (18.38%), Folate: 71.56µg (17.89%), Vitamin B2: 0.26mg (15.24%), Calcium: 128.37mg (12.84%), Vitamin B3: 2.31mg (11.54%), Iron: 2.05mg (11.38%), Vitamin K: 11.68µg (11.12%), Phosphorus: 106.83mg (10.68%), Fiber: 1.77g (7.09%), Vitamin A: 346.41IU (6.93%), Vitamin E: 0.85mg (5.69%), Vitamin B5: 0.42mg (4.15%), Potassium: 143.85mg (4.11%), Magnesium: 15.02mg (3.76%), Copper: 0.07mg (3.71%), Vitamin C: 3.03mg (3.68%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.18µg (2.99%), Vitamin B6: 0.05mg (2.68%), Vitamin D: 0.36µg (2.41%)