



Blueberry and White Chocolate Chip Coffee Cake

 Vegetarian

READY IN



36 min.

SERVINGS



16

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 cups blueberry wheat complete pancake mix hungry jack®
- ☐ 0.3 cup baking chips white
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- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar

- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water

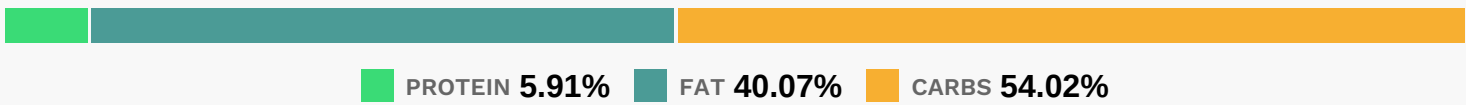
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ HEAT oven to 375F. Spray an 8 or 9-inch square pan with no-stick cooking spray.
- ☐ COMBINE pancake mix, sugar and white baking chips in medium bowl.
- ☐ Add water, sour cream and vanilla. Blend well. Using an medium scoop, shape dough into sixteen 2-inch balls.
- ☐ Place in 4 rows of 4 each in prepared pan.
- ☐ COMBINE 1/4 cup sugar, 1/4 cup white baking chips, almonds and cinnamon in small bowl.
- ☐ Sprinkle over dough.
- ☐ BAKE 24 to 26 minutes or until golden brown. Cool 10 minutes before serving.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:2.4782608685934%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.8kcal (6.74%), Fat: 6.23g (9.59%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 17.74g (6.45%), Sugar: 7.6g (8.45%), Cholesterol: 18.66mg (6.22%), Sodium: 105.28mg (4.58%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 2.07g (4.13%), Phosphorus: 76mg (7.6%), Calcium: 55.73mg (5.57%), Vitamin B2: 0.09mg (5.48%), Fiber: 1.16g (4.66%), Iron: 0.74mg (4.09%), Manganese: 0.07mg (3.68%), Selenium: 2.36µg (3.37%), Vitamin B1: 0.05mg (3.02%), Vitamin E: 0.4mg (2.65%), Magnesium: 9.2mg (2.3%), Folate: 8.38µg (2.1%), Vitamin A: 95.76IU (1.92%), Potassium: 60.54mg (1.73%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.4%), Copper: 0.03mg (1.38%), Vitamin B5: 0.13mg (1.34%), Vitamin B6: 0.03mg (1.32%)