



Blueberry Best Coffee Cake

 Popular

READY IN



85 min.

SERVINGS



9

CALORIES



386 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 softened
- ☐ 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
- ☐ 2 cups blueberries fresh frozen organic thawed drained cascadian farm® (and)
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 1 teaspoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F. Grease bottom and side of 9x3-inch springform pan or 9-inch square pan with shortening or cooking spray. In small bowl, mix 1/2 cup sugar, 1/3 cup flour and the cinnamon.
- ☐ Cut in butter with fork until crumbly. Set aside.
- ☐ In large bowl, stir together all coffee cake ingredients except blueberries; beat with spoon 30 seconds. Fold in blueberries.
- ☐ Spread batter in pan.
- ☐ Sprinkle with topping.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove side of pan.
- ☐ In small bowl, mix all glaze ingredients until smooth and thin enough to drizzle.
- ☐ Drizzle over warm coffee cake.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:39.52, Inflammation Score:-5, Nutrition Score:7.8513043963391%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 385.64kcal (19.28%), Fat: 12.4g (19.08%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 63.55g (23.11%), Sugar: 38.62g (42.91%), Cholesterol: 20.63mg (6.88%), Sodium: 387.36mg (16.84%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 4.94g (9.87%), Vitamin B1: 0.28mg (18.78%), Selenium: 13.12µg (18.74%), Manganese: 0.36mg (17.77%), Folate: 63.65µg (15.91%), Vitamin B2: 0.23mg (13.71%), Vitamin B3: 2.08mg (10.4%), Calcium: 103.43mg (10.34%), Iron: 1.84mg (10.2%), Phosphorus: 95.04mg (9.5%), Vitamin K: 9.58µg (9.13%), Fiber: 1.73g (6.9%), Vitamin A: 302.98IU (6.06%), Vitamin E: 0.82mg (5.44%), Vitamin C: 3.21mg (3.89%), Vitamin B5: 0.38mg (3.78%), Copper: 0.07mg (3.62%), Magnesium: 12.71mg (3.18%), Potassium: 101.49mg (2.9%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.16µg (2.66%), Vitamin B6: 0.05mg (2.65%), Vitamin D: 0.32µg (2.14%)