

Taste of Home

Blueberry Breakfast Cake

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



321 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.5 cup sugar
- 2 teaspoons double-acting baking powder
- 1 large eggs lightly beaten
- 0.5 cup milk
- 0.3 cup butter softened
- 1 teaspoon lemon zest grated
- 2 cups blueberries fresh

- 0.3 cup sugar
- 0.3 cup flour all-purpose
- 0.3 cup walnut pieces finely chopped
- 0.5 teaspoon ground cinnamon
- 3 tablespoons butter cold

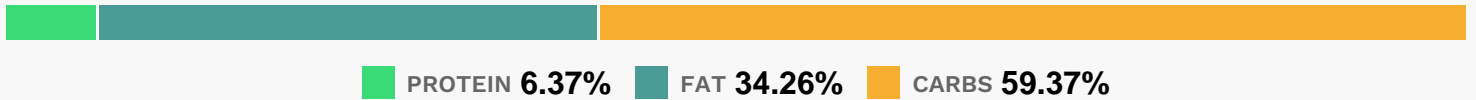
Equipment

- bowl
- oven
- baking pan

Directions

- In a bowl, combine flour, sugar and baking powder.
- Add egg, milk, butter and lemon zest; mix just until dry ingredients are moistened. Fold in the blueberries.
- Spread in a greased 9-in. square baking pan. For topping, combine sugar, flour, walnuts and cinnamon.
- Cut in butter until mixture is crumbly.
- Sprinkle over batter.
- Bake at 350° for 40–45 minutes or until cake tests done.

Nutrition Facts



Properties

Glycemic Index:65.02, Glycemic Load:32.29, Inflammation Score:-5, Nutrition Score:8.0630435321642%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg 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, 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 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: 320.65kcal (16.03%), Fat: 12.46g (19.16%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 46.62g (16.95%), Sugar: 22.62g (25.13%), Cholesterol: 45.88mg (15.29%), Sodium: 179.04mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Manganese: 0.46mg (22.85%), Vitamin B1: 0.28mg (18.61%), Selenium: 12.98µg (18.54%), Folate: 65.32µg (16.33%), Vitamin B2: 0.22mg (13.19%), Iron: 1.85mg (10.3%), Vitamin B3: 2.04mg (10.22%), Phosphorus: 95.84mg (9.58%), Calcium: 86.09mg (8.61%), Fiber: 1.94g (7.74%), Vitamin K: 7.39µg (7.04%), Vitamin A: 345IU (6.9%), Copper: 0.12mg (6.08%), Vitamin C: 3.52mg (4.27%), Magnesium: 16.84mg (4.21%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.35mg (3.45%), Zinc: 0.51mg (3.42%), Vitamin B6: 0.07mg (3.35%), Potassium: 105.11mg (3%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.26µg (1.73%)