



Blueberry Breakfast Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 1 cup blueberries wild frozen
- ☐ 1 tsp cinnamon
- ☐ 0.5 tsp ground ginger
- ☐ 0.3 cup brown sugar light
- ☐ 1 cup plant-based milk
- ☐ 0.3 cup sugar raw

- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 2 cups pastry flour whole wheat

Equipment

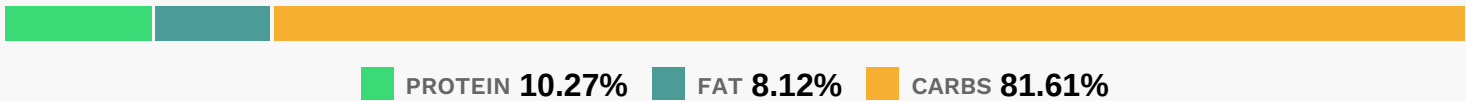
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 F. In a large bowl, whisk flours, cinnamon, ginger, baking soda and baking powder together.
- ☐ Add applesauce, sugars, extract and non-dairy milk and mix until just combined, adding a little extra non-dairy milk if necessary. Gently fold in blueberries, transferring to a greased or non-stick 9x9 pan.
- ☐ Sprinkle top with brown sugar and bake 30–35 minutes or until an inserted tooth pick comes out clean.

- Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber4gSugars12gProtein4g

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:9.0069564321767%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 170.05kcal (8.5%), Fat: 1.61g (2.48%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 32.85g (11.95%), Sugar: 15.83g (17.59%), Cholesterol: 3.25mg (1.08%), Sodium: 137.34mg (5.97%), Alcohol: 0.16g (100%), Alcohol %: 0.21% (100%), Protein: 4.58g (9.17%), Manganese: 1.24mg (61.78%), Selenium: 17.19µg (24.56%), Fiber: 3.57g (14.26%), Phosphorus: 137.11mg (13.71%), Magnesium: 42.42mg (10.61%), Vitamin B1: 0.16mg (10.59%), Calcium: 82.77mg (8.28%), Vitamin B3: 1.45mg (7.26%), Vitamin B6: 0.14mg (7.05%), Iron: 1.2mg (6.68%), Copper: 0.13mg (6.39%), Zinc: 0.85mg (5.65%), Vitamin B2: 0.09mg (5.47%), Potassium: 173.26mg (4.95%), Vitamin K: 3.92µg (3.73%), Folate: 13.22µg (3.3%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.15µg (2.44%), Vitamin E: 0.32mg (2.17%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.3µg (1.99%), Vitamin A: 60.01IU (1.2%)