



Blueberry Brunch Cake

READY IN



65 min.

SERVINGS



12

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup yogurt plain fat-free sour
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

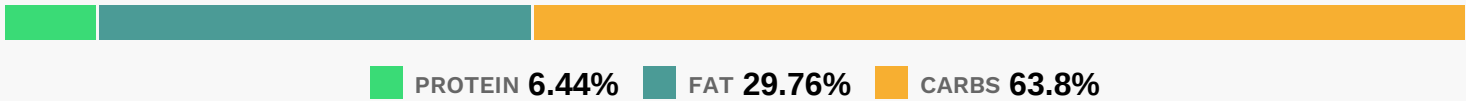
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 35
- ☐ Grease bottom and sides of rectangular pan, 13x9x2inches, with shortening; lightly flour.
- ☐ Mix flour, baking powder, salt, ginger and baking soda in medium bowl; set aside.
- ☐ Mix 1 cup sugar and the butter in large bowl. Stir in eggs, sour cream and vanilla. Stir in flour mixture. Carefully fold in blueberries. Spoon into pan.
- ☐ Mix 1/4 cup sugar and the cinnamon; sprinkle over batter.
- ☐ Bake about 40 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:27.41, Inflammation Score:-4, Nutrition Score:6.0252174087193%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg
Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg,
Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 259.17kcal (12.96%), Fat: 8.7g (13.38%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 41.96g (13.99%), Net
Carbohydrates: 40.7g (14.8%), Sugar: 24.56g (27.28%), Cholesterol: 27.59mg (9.2%), Sodium: 302.7mg (13.16%),
Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 4.24g (8.47%), Selenium: 10.07µg (14.38%), Manganese:
0.29mg (14.33%), Vitamin B1: 0.18mg (12.27%), Folate: 45µg (11.25%), Vitamin B2: 0.19mg (11.2%), Calcium: 83.26mg
(8.33%), Phosphorus: 81.07mg (8.11%), Vitamin A: 392.83IU (7.86%), Iron: 1.29mg (7.19%), Vitamin B3: 1.37mg
(6.86%), Fiber: 1.26g (5.02%), Vitamin K: 4.93µg (4.69%), Vitamin E: 0.53mg (3.51%), Vitamin B5: 0.34mg (3.41%),
Vitamin C: 2.56mg (3.1%), Zinc: 0.44mg (2.92%), Vitamin B12: 0.17µg (2.8%), Potassium: 97.31mg (2.78%), Copper:
0.05mg (2.72%), Magnesium: 10.64mg (2.66%), Vitamin B6: 0.04mg (2.21%)