



Blueberry Brunch Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup blueberries fresh
- ☐ 1.5 cups blueberries fresh
- ☐ 6 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 tablespoon flour all-purpose

- ☐ 1.7 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce carton vanilla yogurt low-fat

Equipment

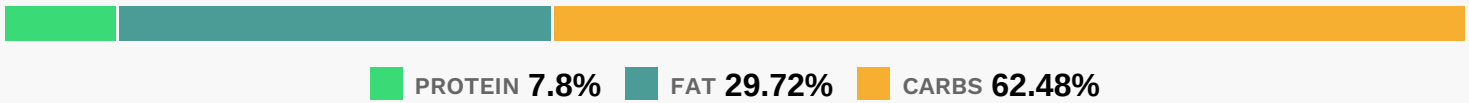
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottom of a 10-inch springform pan with cooking spray; line with parchment or wax paper. Coat bottom and sides with cooking spray; dust with 1 tablespoon flour.

- ☐ Combine granulated sugar and butter; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add egg and egg white; beat well.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a small bowl; stir well with a whisk.
- ☐ Combine the buttermilk, orange juice, lemon rind, and 1 teaspoon vanilla in a small bowl.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with the flour mixture. Fold in 1 1/2 cups blueberries. Spoon batter into prepared pan.
- ☐ Combine turbinado sugar and nutmeg in a small bowl; sprinkle over batter.
- ☐ Bake at 350 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack.
- ☐ Remove sides of pan.
- ☐ Combine sour cream, 1 teaspoon vanilla, and yogurt.
- ☐ Serve cake warm or at room temperature with sour cream mixture and blueberries.

Nutrition Facts



Properties

Glycemic Index:47.01, Glycemic Load:20.34, Inflammation Score:-4, Nutrition Score:5.9060868569042%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 231.76kcal (11.59%), Fat: 7.76g (11.94%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 35.53g (12.92%), Sugar: 20.9g (23.22%), Cholesterol: 35.25mg (11.75%), Sodium: 260.63mg (11.33%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.59g (9.17%), Selenium: 9.53µg (13.62%), Vitamin B2: 0.2mg (11.94%), Vitamin B1: 0.17mg (11.58%), Manganese: 0.22mg (11.11%), Folate: 42.11µg (10.53%), Calcium: 82.03mg (8.2%), Phosphorus: 80.79mg (8.08%), Vitamin C: 5.84mg (7.08%), Vitamin B3: 1.24mg (6.22%), Iron: 1.07mg (5.94%), Vitamin K: 5.99µg (5.71%), Vitamin A: 267.73IU (5.35%), Fiber: 1.18g (4.74%), Potassium: 141.49mg (4.04%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.48mg (3.23%), Magnesium: 12.44mg (3.11%), Vitamin E: 0.42mg (2.77%), Copper: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.3%)