



Blueberry Buttermilk Bundt Cake

 Vegetarian

READY IN



150 min.

SERVINGS



10

CALORIES



684 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups blueberries 1 pint
- ☐ 0.8 cup buttermilk
- ☐ 2.5 cups confectioners' sugar
- ☐ 4 large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoons granulated sugar
- ☐ 1.8 cups granulated sugar

- ☐ 4 tablespoons milk
- ☐ 1.3 teaspoons salt
- ☐ 2 cups strawberries halved quartered 1 pint
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 2 sticks butter unsalted plus more for the pan at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

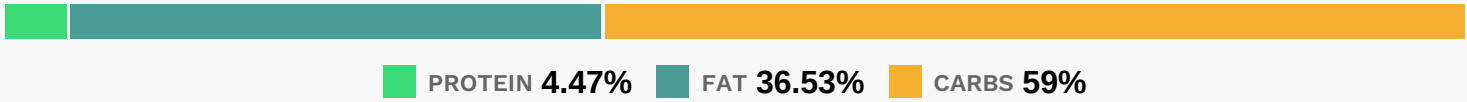
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ spatula
- ☐ kugelhopf pan

Directions

- ☐ Make the cake: Preheat the oven to 350 degrees F. Generously butter a nonstick 12-cup Bundt pan.
- ☐ Whisk 3 cups flour, the baking powder and salt in a medium bowl.
- ☐ Beat 2 sticks butter, the granulated sugar and vegetable oil in a bowl with a mixer on medium-high speed until fluffy, at least 5 minutes, scraping down the sides of the bowl with a rubber spatula as needed. Reduce the mixer speed to low; beat in the eggs one at a time, then beat in the vanilla.
- ☐ Add about one-third of the flour mixture and half of the buttermilk; beat until almost incorporated.

- ☐ Add another one-third of the flour mixture and the remaining buttermilk. Beat, scraping down the sides of the bowl as needed, until just combined.
- ☐ Add the remaining flour mixture and beat 30 seconds. Finish incorporating the flour by hand to avoid overmixing.
- ☐ Toss the blueberries with the remaining 2 tablespoons flour in a small bowl. Spoon one-third of the batter evenly into the prepared pan.
- ☐ Sprinkle in half of the blueberries, then top with another one-third of the batter. Scatter the remaining blueberries on top and cover with the rest of the batter; smooth the top.
- ☐ Bake until the cake is golden brown and a toothpick inserted into the center comes out clean, 1 hour to 1 hour, 10 minutes.
- ☐ Transfer to a rack and let cool 30 minutes in the pan. Run a small sharp knife around the edge of the pan to loosen the cake, then invert onto the rack to cool completely.
- ☐ Whisk the confectioners' sugar, butter and 4 tablespoons milk in a bowl; if the glaze is too thick, whisk in up to 1 more tablespoon milk, a little at a time.
- ☐ Pour the glaze over the cake, letting it drip down the sides.
- ☐ Serve with the strawberries and their juices.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:45.62, Glycemic Load:48.69, Inflammation Score:-6, Nutrition Score:12.616956503495%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

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Nutrients (% of daily need)

Calories: 683.96kcal (34.2%), Fat: 28.27g (43.5%), Saturated Fat: 14.31g (89.44%), Carbohydrates: 102.76g (34.25%), Net Carbohydrates: 100.46g (36.53%), Sugar: 71.23g (79.15%), Cholesterol: 128.7mg (42.9%), Sodium: 451.24mg (19.62%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 7.78g (15.57%), Selenium: 20.42µg (29.17%), Vitamin C: 19.81mg (24.01%), Manganese: 0.48mg (23.92%), Vitamin B1: 0.33mg (22.22%), Folate: 88.33µg (22.08%), Vitamin B2: 0.36mg (20.91%), Vitamin K: 18.29µg (17.42%), Vitamin A: 766.62IU (15.33%), Phosphorus: 139.62mg (13.96%), Iron: 2.45mg (13.62%), Vitamin B3: 2.5mg (12.49%), Calcium: 116.69mg (11.67%), Vitamin E: 1.5mg (10.02%), Fiber: 2.3g (9.2%), Vitamin D: 1.06µg (7.07%), Vitamin B5: 0.66mg (6.61%), Copper: 0.11mg (5.64%), Vitamin B12: 0.33µg (5.57%), Potassium: 175.82mg (5.02%), Zinc: 0.73mg (4.87%), Magnesium: 19.5mg (4.87%), Vitamin B6: 0.09mg (4.52%)