



Blueberry-Buttermilk Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 3 cups flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups blueberries frozen
- ☐ 0.8 cup buttermilk
- ☐ 3 large eggs
- ☐ 1 tablespoon orange zest grated
- ☐ 12 servings powdered sugar
- ☐ 1 teaspoon salt

- ☐ 1.7 cups sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 2 teaspoons vanilla extract

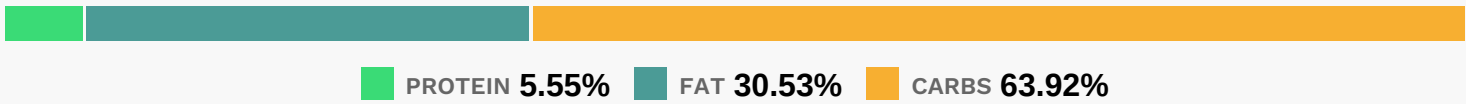
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350°F. Butter and flour 10-inch-diameter Bundt pan.
- ☐ Whisk flour, baking powder, and salt in medium bowl. Using electric mixer, beat 1 2/3 cups sugar and butter in large bowl until light and fluffy. Beat in eggs, 1 at a time. Beat in orange peel and vanilla. Beat in dry ingredients in 3 additions alternately with buttermilk in 2 additions. Fold in blueberries.
- ☐ Pour batter into prepared pan.
- ☐ Bake until tester inserted near center of cake comes out clean, about 1 hour.
- ☐ Cool cake in pan on rack 10 minutes. Turn cake out onto rack and cool completely. (Can be made 1 day ahead. Wrap in plastic and store at room temperature.)
- ☐ Transfer cake to plate, sift powdered sugar over, and serve.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:38.32, Inflammation Score:-5, Nutrition Score:7.9634782542353%

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 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: 397.71kcal (19.89%), Fat: 13.67g (21.03%), Saturated Fat: 8.02g (50.12%), Carbohydrates: 64.39g (21.46%), Net Carbohydrates: 62.9g (22.87%), Sugar: 38.96g (43.29%), Cholesterol: 78.65mg (26.22%), Sodium: 336.24mg (14.62%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 5.6g (11.19%), Selenium: 15.38µg (21.96%), Vitamin B1: 0.27mg (17.86%), Folate: 65.87µg (16.47%), Vitamin B2: 0.26mg (15.3%), Manganese: 0.3mg (15.21%), Iron: 1.88mg (10.45%), Phosphorus: 99.67mg (9.97%), Vitamin B3: 1.98mg (9.92%), Calcium: 93.94mg (9.39%), Vitamin A: 462.22IU (9.24%), Fiber: 1.49g (5.96%), Vitamin K: 5.93µg (5.65%), Vitamin D: 0.66µg (4.39%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.63mg (4.21%), Copper: 0.08mg (3.89%), Vitamin C: 3.07mg (3.72%), Vitamin B12: 0.2µg (3.41%), Zinc: 0.5mg (3.3%), Magnesium: 12.1mg (3.03%), Potassium: 96.34mg (2.75%), Vitamin B6: 0.05mg (2.74%)