



Blueberry-Buttermilk Cake

READY IN



45 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup egg substitute
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 cups buttermilk low-fat
- ☐ 0.5 cup butter chilled divided cut into small pieces and
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl; cut in 1/2 cup margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Place 1 cup flour mixture in a small bowl; cut in 2 tablespoons margarine to form a streusel; set aside.
- ☐ Add baking powder and baking soda to remaining flour mixture in large bowl; stir well.
- ☐ Combine buttermilk, egg substitute, apple butter, vanilla, and lemon rind.
- ☐ Pour buttermilk mixture over flour mixture; beat at low speed of a mixer until well-blended.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray. Top batter with blueberries, and sprinkle with reserved streusel.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center of cake comes out clean.
- ☐ Let cake cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:16.09, Inflammation Score:-4, Nutrition Score:6.637391284756%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 270.88kcal (13.54%), Fat: 6.56g (10.09%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 47.69g (17.34%), Sugar: 26.31g (29.23%), Cholesterol: 0.9mg (0.3%), Sodium: 236.1mg (10.27%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.59g (9.18%), Selenium: 13.12µg (18.75%), Vitamin B1: 0.24mg (15.99%), Manganese: 0.31mg (15.7%), Folate: 53.88µg (13.47%), Vitamin B2: 0.21mg (12.41%), Iron: 1.71mg (9.49%), Vitamin B3: 1.75mg (8.75%), Calcium: 80.84mg (8.08%), Phosphorus: 68.79mg (6.88%), Vitamin A: 304.27IU (6.09%), Fiber: 1.39g (5.58%), Potassium: 133.21mg (3.81%), Vitamin B5: 0.37mg (3.68%), Vitamin K: 3.81µg (3.63%), Copper: 0.07mg (3.59%), Magnesium: 13.43mg (3.36%), Vitamin E: 0.49mg (3.26%), Zinc: 0.4mg (2.69%), Vitamin C: 2.21mg (2.68%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.08µg (1.37%)