



Blueberry Buttermilk Coffeecake

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups blueberries
- ☐ 6 tablespoons butter softened
- ☐ 2 cups buttermilk
- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

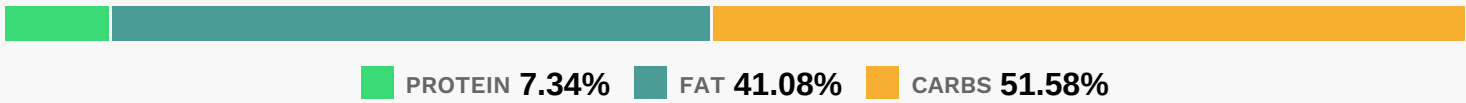
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together 4 cups flour, baking powder, baking soda and salt. Set aside.
- ☐ In a large bowl, cream together 1/2 cup butter and 1 1/3 cup sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk, mixing just until incorporated. Sir in blueberries.
- ☐ Pour batter into prepared pan. In a small bowl, combine 2/3 cup flour and 2/3 cup sugar. cut in 6 tablespoons butter until mixture resembles coarse crumbs.
- ☐ Sprinkle over top of batter.
- ☐ Bake in the preheated oven for 45 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:23.87, Glycemic Load:10.92, Inflammation Score:-2, Nutrition Score:3.6334782527841%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg

Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg
Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg,
Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin:
1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 135.27kcal (6.76%), Fat: 6.31g (9.7%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 17.82g (5.94%), Net
Carbohydrates: 17.19g (6.25%), Sugar: 12.47g (13.86%), Cholesterol: 37.38mg (12.46%), Sodium: 391.15mg (17.01%),
Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.53g (5.07%), Calcium: 90.67mg (9.07%), Selenium: 5µg
(7.14%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 66.07mg (6.61%), Manganese: 0.11mg (5.43%), Vitamin A: 235.08IU
(4.7%), Vitamin B1: 0.07mg (4.57%), Vitamin K: 4.33µg (4.12%), Folate: 15.88µg (3.97%), Vitamin D: 0.53µg (3.56%),
Vitamin B12: 0.21µg (3.48%), Iron: 0.52mg (2.89%), Vitamin B5: 0.27mg (2.67%), Fiber: 0.63g (2.5%), Vitamin C:
1.91mg (2.32%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.33mg (2.2%), Potassium: 74.54mg (2.13%), Zinc: 0.27mg
(1.83%), Vitamin B6: 0.03mg (1.72%), Magnesium: 6.67mg (1.67%), Copper: 0.03mg (1.62%)