



Blueberry Cake



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 130 g all purpose flour plus 1 teaspoon of flour plus more for prepping cake pan)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt salted (omit if using butter)
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.5 cup butter unsalted softened (4 oz, 113 g, 1 stick)
- ☐ 160 g sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 large eggs

- ☐ 1 teaspoon lemon zest
- ☐ 325 g blueberries frozen thaw rinsed drained (if using blueberries, and drain first)
- ☐ 1 teaspoon juice of lemon

Equipment

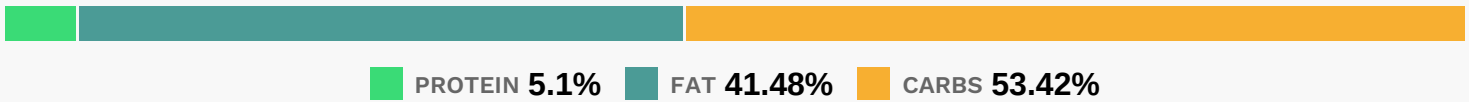
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven and prepare springform pan: Preheat oven to 350°F. Lightly butter an 8 or 9-inch springform pan and dust with flour. Or use an 8 or 9-inch round cake pan, butter and dust with flour and line the bottom with parchment paper.
- ☐ Mix flour with baking powder and salt: Vigorously whisk together 1 cup of flour with baking powder, salt, and cinnamon and set aside.
- ☐ Make batter: Using a mixer, beat the butter on medium high speed for 2 minutes.
- ☐ Add the sugar and beat until light and fluffy, a couple minutes more. Stir in the vanilla extract.
- ☐ Add the eggs one at a time and beat until well blended. Stir in the lemon zest if using.
- ☐ Reduce the speed of the mixer to low and slowly add the flour mixture, beating until smooth.
- ☐ Pour the batter into the prepared springform pan.
- ☐ Toss berries with flour and lemon juice, spoon over batter:
- ☐ Combine the berries with the remaining teaspoon of flour and the lemon juice in a bowl. Spoon the berry mixture over the batter.
- ☐ Bake:

- ☐
- Bake on middle rack in oven for 45 to 55 minutes at 350°F, or until a tester inserted into the center comes out clean.
- ☐
- Remove from oven and let the cake cool in the pan for 10 minutes.
- ☐
- Carefully slide a thin knife around the edges of the cake to release it from the pan.
- ☐
- Transfer the cake to a platter, berry side up. Dust the cake with powdered sugar to serve.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:33.37, Inflammation Score:-5, Nutrition Score:7.7091304737589%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 17.08mg, Petunidin: 17.08mg, Petunidin: 17.08mg, Petunidin: 17.08mg Delphinidin: 19.19mg, Delphinidin: 19.19mg, Delphinidin: 19.19mg, Delphinidin: 19.19mg Malvidin: 36.61mg, Malvidin: 36.61mg, Malvidin: 36.61mg, Malvidin: 36.61mg Peonidin: 10.99mg, Peonidin: 10.99mg, Peonidin: 10.99mg, Peonidin: 10.99mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 376.14kcal (18.81%), Fat: 17.75g (27.3%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 49.48g (17.99%), Sugar: 32.2g (35.77%), Cholesterol: 103.57mg (34.52%), Sodium: 100.38mg (4.36%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 4.91g (9.83%), Selenium: 12.88µg (18.39%), Manganese: 0.34mg (17.2%), Vitamin B1: 0.2mg (13.21%), Folate: 51.53µg (12.88%), Vitamin B2: 0.22mg (12.8%), Vitamin A: 602.73IU (12.05%), Vitamin K: 11.94µg (11.37%), Iron: 1.55mg (8.59%), Phosphorus: 82.29mg (8.23%), Fiber: 1.95g (7.79%), Vitamin B3: 1.53mg (7.65%), Vitamin C: 6.01mg (7.28%), Vitamin E: 0.95mg (6.32%), Calcium: 60.85mg (6.08%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.62µg (4.11%), Copper: 0.08mg (3.99%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.18µg (3.02%), Potassium: 95.02mg (2.71%), Magnesium: 10.73mg (2.68%)