



Blueberry Citrus Cake

READY IN



60 min.

SERVINGS



12

CALORIES



445 kcal

DESSERT

Ingredients

- 1.5 cups blueberries fresh
- 0.3 cup butter softened
- 0.3 cup canola oil
- 3 cups powdered sugar
- 3 ounces cream cheese softened
- 3 eggs
- 1 teaspoon lemon zest grated
- 2 tablespoons orange juice
- 2 teaspoons orange zest grated

- 2 cups non-dairy whipped topping
- 1 package cake mix yellow (regular size)

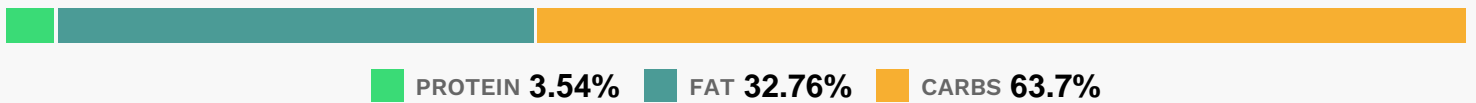
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, combine the cake mix, eggs, orange juice and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in blueberries and peels.
- Pour into two greased and floured 9-in. round baking pans.
- Bake at 350° for 20–25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, in a small bowl, combine cream cheese and butter until fluffy.
- Add the confectioners' sugar, orange juice and peels; beat until blended. Fold in whipped topping.
- Spread frosting between layers and over the top and sides of cake. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:6.3086956894916%

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 Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 444.92kcal (22.25%), Fat: 16.44g (25.3%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 71.96g (23.99%), Net Carbohydrates: 70.94g (25.79%), Sugar: 53.34g (59.26%), Cholesterol: 58.5mg (19.5%), Sodium: 391.76mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Phosphorus: 176.1mg (17.61%), Vitamin E: 1.94mg (12.95%), Calcium: 116.43mg (11.64%), Vitamin B2: 0.19mg (11.38%), Vitamin K: 10.17µg (9.69%), Folate: 37.7µg (9.43%), Selenium: 5.83µg (8.33%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.15mg (7.5%), Iron: 1.19mg (6.61%), Vitamin A: 299.16IU (5.98%), Vitamin B3: 1.12mg (5.59%), Vitamin C: 3.88mg (4.7%), Fiber: 1.02g (4.08%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.07mg (3.51%), Vitamin B12: 0.19µg (3.16%), Copper: 0.06mg (2.79%), Zinc: 0.35mg (2.3%), Potassium: 80.03mg (2.29%), Magnesium: 8.76mg (2.19%), Vitamin D: 0.22µg (1.47%)