



Blueberry & coconut cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 250 ml rice bran oil for the tin
- ☐ 3 eggs
- ☐ 225 g caster sugar
- ☐ 2 tsp vanilla extract
- ☐ 300 g self-raising flour
- ☐ 50 g desiccated coconut
- ☐ 175 ml soya milk
- ☐ 140 g blueberries fresh

☐ 12 servings icing sugar

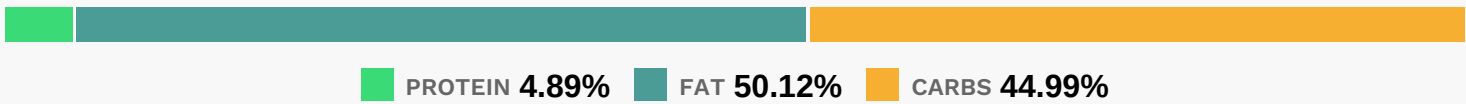
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and grease a 22cm Bundt or ring tin.
- ☐ Whisk the oil, eggs, sugar and vanilla in a large bowl.
- ☐ Combine the flour and coconut. Alternately, fold the flour mix and soya milk into the wet ingredients, starting and ending with the flour.
- ☐ Spoon a quarter into the tin. Fold the blueberries into the remaining batter, then spoon into the tin.
- ☐ Bake for 1-1 hrs, or until a skewer comes out clean. Cover the cake with foil if it browns too quickly.
- ☐ Cool in tin for 10 mins, then turn out onto a wire rack and cool completely. Fill centre of the cake with extra blueberries and dust with icing sugar to serve.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:25.67, Inflammation Score:-2, Nutrition Score:6.633478216503%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 3.68mg, Petunidin: 3.68mg, Petunidin: 3.68mg, Petunidin: 3.68mg Delphinidin: 4.13mg, Delphinidin: 4.13mg, Delphinidin: 4.13mg, Delphinidin: 4.13mg Malvidin: 7.89mg, Malvidin: 7.89mg, Malvidin: 7.89mg, Malvidin: 7.89mg Peonidin: 2.37mg, Peonidin: 2.37mg,

Peonidin: 2.37mg, Peonidin: 2.37mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg
Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,
Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.89mg,
Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 424.17kcal (21.21%), Fat: 23.93g (36.81%), Saturated Fat: 6.85g (42.84%), Carbohydrates: 48.34g (16.11%),
Net Carbohydrates: 46.78g (17.01%), Sugar: 28.93g (32.15%), Cholesterol: 42.72mg (14.24%), Sodium: 23.9mg
(1.04%), Alcohol: 0.24g (100%), Alcohol %: 0.27% (100%), Protein: 5.25g (10.5%), Vitamin E: 6.51mg (43.39%),
Selenium: 14.53µg (20.76%), Manganese: 0.36mg (17.9%), Phosphorus: 71.25mg (7.12%), Vitamin K: 7.16µg (6.82%),
Fiber: 1.56g (6.24%), Vitamin B2: 0.1mg (5.92%), Copper: 0.1mg (4.79%), Vitamin B5: 0.38mg (3.82%), Folate:
14.49µg (3.62%), Magnesium: 13.91mg (3.48%), Zinc: 0.52mg (3.48%), Iron: 0.62mg (3.43%), Calcium: 30.54mg
(3.05%), Vitamin B12: 0.18µg (2.99%), Vitamin B6: 0.06mg (2.79%), Potassium: 95.92mg (2.74%), Vitamin B1:
0.04mg (2.65%), Vitamin D: 0.39µg (2.57%), Vitamin A: 90.57IU (1.81%), Vitamin B3: 0.35mg (1.75%), Vitamin C:
1.19mg (1.45%)