



Blueberry Coffee Cake

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup blueberries fresh frozen thawed
- 0.5 cup brown sugar packed
- 2 tablespoons butter at room temperature
- 2 tablespoons canola oil
- 2 large eggs
- 1 cup flour all-purpose
- 1 cup regular flour whole-wheat

- 0.5 teaspoon ground cinnamon
- 1 cup nonfat yogurt plain
- 0.5 teaspoon salt
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped

Equipment

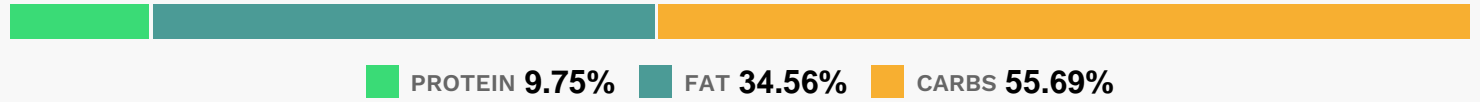
- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- cake form

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Spray an 8-inch square cake pan with cooking spray.
- Whisk together the all-purpose and whole-wheat flours, the baking soda and salt. In a small bowl, stir together the granulated sugar, cinnamon and walnuts. In a large bowl, beat the brown sugar, butter and oil until fluffy. If necessary, use the back of a spoon to press out any lumps in the brown sugar. Beat in the eggs, 1 at a time, beating until fully combined. Beat in the vanilla and yogurt.
- Add the flour mixture in 2 batches, stirring until just combined.
- Spread half of the batter into the prepared pan.
- Sprinkle half of the nut mixture over the batter and top with the blueberries, gently pressing them into the batter. Spoon the rest of the batter into the pan, smoothing the top.
- Sprinkle the remaining nut mixture over the cake, pressing gently.
- Bake until a wooden toothpick inserted in center comes out clean, about 30 to 35 minutes.

- Let cool slightly and then unmold and allow to cool completely on a cooling rack.
- Cut the cake into 2-inch squares.
- Good source of: Thiamin

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:8.51, Inflammation Score:-3, Nutrition Score:7.6747825197552%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 219.09kcal (10.95%), Fat: 8.64g (13.29%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 29.3g (10.66%), Sugar: 14.95g (16.62%), Cholesterol: 36.42mg (12.14%), Sodium: 233.92mg (10.17%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 5.48g (10.97%), Manganese: 0.71mg (35.53%), Selenium: 13.41µg (19.16%), Phosphorus: 114.85mg (11.49%), Vitamin B1: 0.17mg (11.1%), Vitamin B2: 0.17mg (9.88%), Folate: 35.51µg (8.88%), Fiber: 2.02g (8.07%), Copper: 0.15mg (7.74%), Magnesium: 30.28mg (7.57%), Iron: 1.26mg (7%), Calcium: 64.91mg (6.49%), Vitamin B3: 1.26mg (6.31%), Zinc: 0.82mg (5.44%), Vitamin B6: 0.11mg (5.35%), Vitamin E: 0.73mg (4.89%), Potassium: 155.69mg (4.45%), Vitamin K: 4.65µg (4.43%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.2µg (3.38%), Vitamin A: 113.52IU (2.27%), Vitamin C: 1.45mg (1.75%), Vitamin D: 0.17µg (1.11%)