



Blueberry Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 6 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract

Equipment

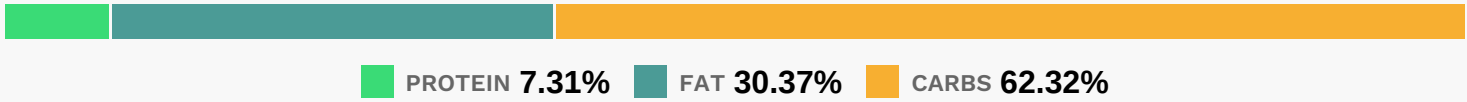
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, soda, and salt, stirring with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add vanilla, egg, and egg white; beat well.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition.
- ☐ Spoon half of the batter into a 9-inch round baking pan coated with cooking spray.
- ☐ Sprinkle evenly with 1 cup blueberries. Spoon remaining batter over the blueberries; sprinkle evenly with remaining 1 cup blueberries.
- ☐ Sprinkle the top evenly with 1 tablespoon turbinado sugar.

- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Note: If using peak-season fruit, use 1 1/2 cups blueberries instead of 2 cups, and only 1 cup buttermilk instead of 1 1/3 cups. This will make the batter thicker so the berries won't sink to the bottom.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:28.22, Inflammation Score:-4, Nutrition Score:6.9843478228735%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 290.4kcal (14.52%), Fat: 9.96g (15.33%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 44.45g (16.17%), Sugar: 25.99g (28.88%), Cholesterol: 47.42mg (15.81%), Sodium: 303.43mg (13.19%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.4g (10.79%), Selenium: 11.91µg (17.01%), Vitamin B2: 0.25mg (14.66%), Manganese: 0.29mg (14.66%), Vitamin B1: 0.22mg (14.55%), Folate: 51.41µg (12.85%), Phosphorus: 92.39mg (9.24%), Calcium: 88.36mg (8.84%), Vitamin B3: 1.61mg (8.03%), Iron: 1.42mg (7.89%), Vitamin K: 8.01µg (7.63%), Vitamin A: 334.92IU (6.7%), Fiber: 1.53g (6.14%), Vitamin C: 3.99mg (4.84%), Potassium: 134.02mg (3.83%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.55mg (3.7%), Magnesium: 13.52mg (3.38%), Copper: 0.07mg (3.36%), Zinc: 0.49mg (3.26%), Vitamin B12: 0.17µg (2.75%), Vitamin B6: 0.05mg (2.73%)