



Blueberry Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 4 teaspoons double-acting baking powder
- ☐ 1.5 cups blueberries frozen
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons vegetable oil

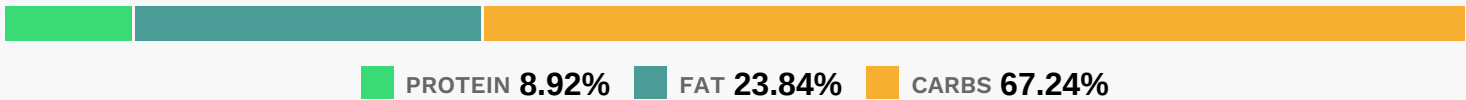
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together first 4 ingredients in a large bowl.
- ☐ Sift together flour and next 3 ingredients in another bowl. Stir flour mixture into egg mixture just until dry ingredients are moistened.
- ☐ Toss 1 1/4 cups blueberries in 1 Tbsp. flour; fold into batter.
- ☐ Pour into a lightly greased 9-inch springform pan.
- ☐ Sprinkle with remaining 1/4 cup blueberries.
- ☐ Stir together 2 Tbsp. turbinado sugar, sliced almonds, and cinnamon; sprinkle over batter.
- ☐ Bake at 400 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; remove sides of pan.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:22.89, Inflammation Score:-3, Nutrition Score:7.4669565688009%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 221.25kcal (11.06%), Fat: 5.94g (9.14%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 36.21g (13.17%), Sugar: 16.31g (18.12%), Cholesterol: 19.21mg (6.4%), Sodium: 308.36mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 11.12µg (15.89%), Manganese: 0.31mg (15.45%), Vitamin B1: 0.23mg (15.28%), Calcium: 148.9mg (14.89%), Vitamin B2: 0.23mg (13.45%), Folate: 53.4µg (13.35%), Phosphorus: 117.45mg (11.74%), Vitamin K: 11.92µg (11.35%), Iron: 1.63mg (9.03%), Vitamin B3: 1.72mg (8.6%), Vitamin E: 1.04mg (6.94%), Fiber: 1.51g (6.03%), Magnesium: 17.31mg (4.33%), Copper: 0.08mg (3.87%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.52mg (3.46%), Potassium: 119.36mg (3.41%), Vitamin B12: 0.19µg (3.17%), Vitamin C: 2.27mg (2.75%), Vitamin B6: 0.05mg (2.39%), Vitamin D: 0.23µg (1.57%), Vitamin A: 65IU (1.3%)