

Blueberry Coffee Cake

READY IN



45 min.

SERVINGS



9

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 1 tablespoon butter
- 1 eggs
- 2 tablespoons flour
- 0.3 teaspoon ground allspice
- 0.7 cup milk
- 0.8 cup blueberries
- 0.5 teaspoon salt

- 0.3 cup sugar
- 0.3 cup walnut pieces chopped

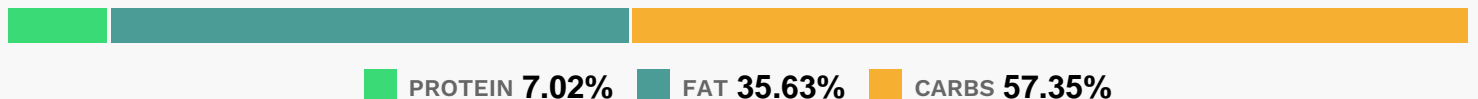
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- measuring cup

Directions

- Heat oven to 400 degrees F. Spray 8- or 9-inch square baking pan with no-stick cooking spray. Lightly spoon flour into measuring cup; level off.
- In medium bowl, combine 1 1/2 cups flour, sugar, baking powder, salt and allspice.
- Add melted butter, egg and milk.
- Mix vigorously until well blended.
- Pour half of batter into greased and floured pan; spread SMUCKER'S® preserves evenly over batter. Top with remaining batter.
- Combine topping ingredients; mix until crumbly.
- Sprinkle over top of coffee cake.
- Bake at 400 degrees for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:38.9, Glycemic Load:6.05, Inflammation Score:-2, Nutrition Score:3.0547826393791%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg 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: 108.72kcal (5.44%), Fat: 4.49g (6.91%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.68g (15.2%), Cholesterol: 20.36mg (6.79%), Sodium: 277.48mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Calcium: 100.47mg (10.05%), Manganese: 0.17mg (8.6%), Phosphorus: 67.47mg (6.75%), Vitamin B2: 0.07mg (3.95%), Selenium: 2.69µg (3.85%), Copper: 0.07mg (3.43%), Vitamin B1: 0.04mg (2.73%), Iron: 0.47mg (2.59%), Magnesium: 9.97mg (2.49%), Vitamin K: 2.54µg (2.42%), Vitamin B12: 0.14µg (2.38%), Vitamin A: 118.93IU (2.38%), Folate: 9.37µg (2.34%), Vitamin B6: 0.05mg (2.33%), Fiber: 0.57g (2.29%), Vitamin D: 0.3µg (1.98%), Potassium: 69.19mg (1.98%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.27mg (1.82%), Vitamin C: 1.26mg (1.53%), Vitamin E: 0.2mg (1.35%), Vitamin B3: 0.22mg (1.09%)