



Blueberry Coffee Cake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter cold cut into small cubes
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

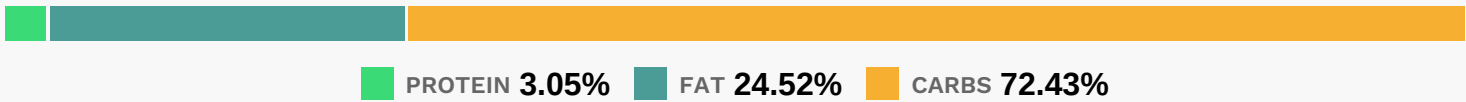
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 F. Spray muffin top pan with pam spray. 2, Beat 1/2 cup butter and 1 cup white sugar until light and fluffy. Beat in egg and vanilla. In a small bowl, whisk together 2 cups flour, baking powder, and salt.
- ☐ Add flour mixture and milk to batter and beat until smooth.
- ☐ Take large dollop of batter, about size of hockey puck and place into middle of muffin top mold. Shape and make round and also press down gently with palm so that it's not too thick. There should be a small amount of the muffin mold still left open, about 1/4 inch between dough and where muffin mold ends. Repeat with remaining dough.
- ☐ Make streusel.
- ☐ Combine all ingredients into food processor and mix or use a fork, until mixture becomes crumbly.
- ☐ Sprinkle streusel generously across each cookie so that all cookies are covered with streusel topping. Take blueberries and place a few on top of each cookie, press gently into the dough so that the blueberries don't fall out.
- ☐ Bake for about 15–20 minutes until a golden brown. Mine were done at 18 minutes.

Nutrition Facts



Properties

Glycemic Index:41.12, Glycemic Load:19.33, Inflammation Score:-2, Nutrition Score:2.976521761521%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 220.59kcal (11.03%), Fat: 6.18g (9.52%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 40.52g (14.74%), Sugar: 36.42g (40.46%), Cholesterol: 33.37mg (11.12%), Sodium: 280.01mg (12.17%), Alcohol: 0.15g (100%), Alcohol %: 0.24% (100%), Protein: 1.73g (3.47%), Calcium: 86.45mg (8.64%), Manganese: 0.12mg (5.92%), Selenium: 3.69µg (5.28%), Phosphorus: 51.92mg (5.19%), Vitamin B2: 0.08mg (4.56%), Vitamin A: 215.14IU (4.3%), Vitamin K: 3.72µg (3.54%), Vitamin B1: 0.05mg (3.49%), Iron: 0.55mg (3.08%), Folate: 12.07µg (3.02%), Fiber: 0.58g (2.32%), Vitamin B12: 0.13µg (2.12%), Vitamin E: 0.3mg (2.02%), Vitamin C: 1.6mg (1.94%), Vitamin B3: 0.38mg (1.9%), Vitamin B5: 0.19mg (1.9%), Potassium: 64.25mg (1.84%), Vitamin D: 0.25µg (1.65%), Vitamin B6: 0.03mg (1.63%), Magnesium: 5.81mg (1.45%), Copper: 0.03mg (1.39%), Zinc: 0.19mg (1.28%)