



Blueberry Coffee Cake with Maple Glaze

READY IN



165 min.

SERVINGS



16

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 cup granulated sugar
- 0.5 cup butter softened
- 3 eggs
- 1 cup cream sour
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 2 cups blueberries fresh
- 2 tablespoons flour all-purpose
- 0.5 cup powdered sugar
- 0.3 teaspoon peppermint flavoring
- 2 teaspoons milk

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 325°F. Generously grease 12-cup fluted tube cake pan with shortening. In small bowl, mix 3 tablespoons granulated sugar and 1 teaspoon cinnamon; sprinkle evenly over shortening to coat pan.
- In large bowl, beat 1 cup sugar and the butter with electric mixer on medium speed until light and fluffy, scraping bowl occasionally.
- Add 1 egg at a time, beating well after each addition. Beat in sour cream.
- On low speed, beat in 2 cups flour, the baking powder, baking soda, 1/2 teaspoon cinnamon and the salt. Coat blueberries with 2 tablespoons flour. With spoon, gently stir blueberries into batter. Spoon batter into pan.
- Bake 45 to 50 minutes or until toothpick inserted near center comes out clean. Cool upright in pan on cooling rack 25 minutes.
- Place heatproof serving plate upside down over pan; turn plate and pan over.

- Remove pan. Cool cake completely, about 1 hour.
- In small bowl, mix powdered sugar, maple flavor and enough milk until smooth and desired drizzling consistency; drizzle over cooled cake.

Nutrition Facts

PROTEIN 5.58%

FAT 36.11%

CARBS 58.31%

Properties

Glycemic Index:29.39, Glycemic Load:20.41, Inflammation Score:-4, Nutrition Score:4.7478260734807%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 234.44kcal (11.72%), Fat: 9.58g (14.73%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 33.8g (12.29%), Sugar: 20.83g (23.14%), Cholesterol: 39.25mg (13.08%), Sodium: 215.3mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Selenium: 8.83µg (12.61%), Manganese: 0.21mg (10.63%), Vitamin B1: 0.14mg (9.61%), Vitamin B2: 0.16mg (9.31%), Folate: 36.24µg (9.06%), Vitamin A: 399.41IU (7.99%), Iron: 1.03mg (5.71%), Phosphorus: 55.23mg (5.52%), Vitamin B3: 1.08mg (5.4%), Calcium: 42.41mg (4.24%), Fiber: 0.99g (3.96%), Vitamin K: 3.92µg (3.73%), Vitamin E: 0.48mg (3.21%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 1.95mg (2.36%), Copper: 0.04mg (2.25%), Zinc: 0.31mg (2.05%), Magnesium: 7.65mg (1.91%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.11µg (1.9%), Potassium: 66.47mg (1.9%), Vitamin D: 0.17µg (1.15%)