



## Blueberry-Cream Cheese Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup almonds sliced
- 0.3 cup apple juice
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup blueberries fresh frozen rinsed
- 0.3 lb butter cold cut into chunks
- 1 teaspoon cornstarch
- 6 ounces cream cheese at room temperature

- 2 large eggs
- 2 cups flour all-purpose
- 1 teaspoon juice of lemon
- 1 teaspoon lemon zest grated
- 0.8 cup yogurt plain low-fat
- 0.3 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla

## Equipment

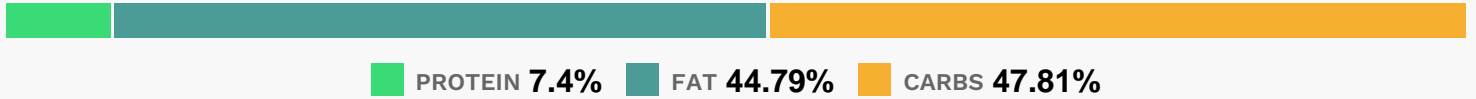
- food processor
- bowl
- frying pan
- oven
- blender
- hand mixer
- cake form

## Directions

- In a 1- to 2-quart pan over medium heat, bring blueberries and apple juice to a boil. Lower heat and simmer, stirring occasionally, until blueberries have released their juices, about 3 minutes. In a small bowl, blend cornstarch and 2 teaspoons water.
- Add to blueberry mixture; stir until it simmers and thickens, about 1 minute.
- Let cool to room temperature.
- In a bowl or food processor, mix or whirl flour and 3/4 cup sugar.
- Add butter to flour mixture.
- Cut in with a pastry blender or pulse until mixture resembles coarse crumbs. Reserve 1/2 cup; pour remaining into a large bowl. Stir in baking powder, baking soda, salt, and lemon peel.
- In a bowl, mix yogurt, vanilla, and 1 egg until blended; stir into flour-baking powder mixture until incorporated.

- Spread batter in a buttered 9-inch round cake pan with a removable rim.
- In a bowl or food processor (no need to wash from step 2), beat with an electric mixer on high speed or whirl cream cheese, remaining 1/4 cup sugar, remaining egg, and lemon juice until smooth.
- Spread over batter in pan, leaving a 1/2-inch border bare. Gently spread blueberry mixture over cream cheese mixture, leaving some visible. Stir almonds into reserved flour mixture and sprinkle over cake, concentrating most around edge of batter.
- Bake in a 350 oven until center of cake barely jiggles when pan is gently shaken and top of cake is golden brown, 30 to 40 minutes.
- Let cool on a rack for 15 minutes, then remove pan rim.
- Serve warm or at room temperature.

## Nutrition Facts



■ **PROTEIN 7.4%**
■ **FAT 44.79%**
■ **CARBS 47.81%**

### Properties

Glycemic Index:33.74, Glycemic Load:24.26, Inflammation Score:-5, Nutrition Score:7.0986956461616%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 312.39kcal (15.62%), Fat: 15.79g (24.29%), Saturated Fat: 8.32g (51.98%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 36.55g (13.29%), Sugar: 20.29g (22.54%), Cholesterol: 66.55mg (22.18%), Sodium: 240.55mg

(10.46%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 5.87g (11.74%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.26mg (15.46%), Manganese: 0.28mg (14.06%), Vitamin B1: 0.19mg (12.74%), Folate: 47.82µg (11.95%), Phosphorus: 102.51mg (10.25%), Vitamin E: 1.5mg (9.99%), Vitamin A: 486.19IU (9.72%), Iron: 1.36mg (7.53%), Calcium: 73.57mg (7.36%), Vitamin B3: 1.47mg (7.34%), Fiber: 1.37g (5.48%), Magnesium: 21.14mg (5.29%), Copper: 0.09mg (4.47%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.61mg (4.08%), Potassium: 134.99mg (3.86%), Vitamin B12: 0.21µg (3.45%), Vitamin K: 3.46µg (3.29%), Vitamin B6: 0.05mg (2.61%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.17µg (1.11%)