



Blueberry Crumb Cake

 Vegetarian

READY IN



48 min.

SERVINGS



8

CALORIES



557 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup blueberries fresh
- 8 servings confectioners' sugar for sprinkling
- 2 extra large eggs at room temperature
- 1.3 cups flour all-purpose
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar

- 0.8 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.5 teaspoon kosher salt
- 0.5 teaspoon lemon zest ,grated
- 0.3 cup brown sugar ,light packed
- 0.7 cup cup heavy whipping cream ,sour
- 0.3 pound butter ,unsalted melted (1 stick)
- 6 tablespoons butter ,unsalted at room temperature ()
- 1 teaspoon vanilla extract ,pure

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- baking pan
- hand mixer
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Butter and flour a 9-inch round baking pan.
- Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed for 4 to 5 minutes, until light. Reduce the speed to low and add the eggs 1 at a time, then add the vanilla, lemon zest, and sour cream. In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed, add the flour mixture to the batter until just combined. Fold in the blueberries and stir with a spatula to be sure the batter is completely mixed.

- Spoon the batter into the prepared pan and spread it out with a knife. With your fingers,
- crumble the topping evenly over the batter.
- Bake for 40 to 50 minutes, until a cake tester comes out clean. Cool completely and serve sprinkled with confectioners' sugar.
- Combine the granulated sugar, brown sugar, cinnamon, and nutmeg in a bowl. Stir in the melted butter and then the flour.
- Mix well and set aside.

Nutrition Facts



Properties

Glycemic Index:62.15, Glycemic Load:40.77, Inflammation Score:-6, Nutrition Score:9.710000048513%

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 Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 557.11kcal (27.86%), Fat: 25.62g (39.41%), Saturated Fat: 15.13g (94.54%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 75.12g (27.31%), Sugar: 44.42g (49.36%), Cholesterol: 116.44mg (38.81%), Sodium: 265.13mg (11.53%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.77g (13.55%), Selenium: 19.27µg (27.54%), Vitamin B1: 0.33mg (22.31%), Folate: 83.59µg (20.9%), Manganese: 0.4mg (19.89%), Vitamin B2: 0.32mg (18.74%), Vitamin A: 822.45IU (16.45%), Iron: 2.35mg (13.06%), Vitamin B3: 2.52mg (12.58%), Phosphorus: 105.62mg (10.56%), Calcium: 80.48mg (8.05%), Fiber: 1.69g (6.75%), Vitamin E: 0.93mg (6.19%), Vitamin K: 5.83µg (5.55%), Vitamin B5: 0.52mg (5.19%), Copper: 0.09mg (4.73%), Vitamin D: 0.65µg (4.33%), Zinc: 0.59mg (3.94%), Magnesium: 15.33mg (3.83%), Potassium: 121.74mg (3.48%), Vitamin B12: 0.21µg (3.45%), Vitamin B6: 0.06mg (3.22%), Vitamin C: 2.14mg (2.59%)