



Blueberry Crumb Cake

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries frozen
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs plus 1 egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose

- ☐ 0.5 cup yogurt plain low-fat
- ☐ 3 tablespoons nonfat cream sour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

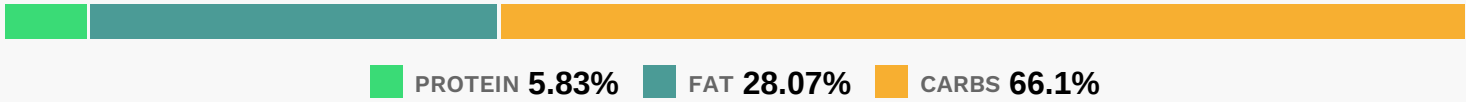
Directions

- ☐ Combine all ingredients in a bowl. Use fingertips to blend until mixture resembles large peas. Refrigerate.
- ☐ Preheat oven to 350F. Coat a 9-inch round cake pan with cooking spray.
- ☐ Cut a 9-inch circle of parchment; place in pan. Mist with cooking spray.
- ☐ Make cake: In a small bowl, combine flour, baking powder, baking soda and salt. In a separate bowl, beat sour cream, butter and sugar until light and fluffy.
- ☐ Add eggs and egg white. Beat until frothy, about 3 minutes. Blend in vanilla and yogurt until smooth. Stir in flour mixture until just combined. Fold in berries.
- ☐ Spread batter evenly in pan.
- ☐ Sprinkle with topping.
- ☐ Bake cake until a toothpick inserted into center comes out clean, 50 to 55 minutes. Cool on a wire rack for 15 minutes before turning out of pan. Peel off parchment and turn cake right-

side up on rack to cool.

☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:26.77, Inflammation Score:-3, Nutrition Score:4.7534782394119%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg 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: 238.67kcal (11.93%), Fat: 7.55g (11.61%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 39.03g (14.19%), Sugar: 22.9g (25.44%), Cholesterol: 13.42mg (4.47%), Sodium: 217.44mg (9.45%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.53g (7.06%), Selenium: 8.86µg (12.66%), Vitamin B1: 0.17mg (11.63%), Manganese: 0.22mg (10.79%), Folate: 40.72µg (10.18%), Vitamin B2: 0.16mg (9.69%), Vitamin B3: 1.31mg (6.54%), Iron: 1.1mg (6.09%), Calcium: 59.44mg (5.94%), Phosphorus: 54.84mg (5.48%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.63mg (4.22%), Fiber: 0.95g (3.79%), Vitamin A: 165.78IU (3.32%), Copper: 0.04mg (2.17%), Magnesium: 8.36mg (2.09%), Potassium: 71.66mg (2.05%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.18mg (1.84%), Vitamin C: 1.28mg (1.56%), Vitamin B12: 0.08µg (1.35%), Vitamin B6: 0.02mg (1.1%)