



Blueberry Crumb Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



12

CALORIES



352 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 15 ounces blueberries fresh
- ☐ 0.8 cup plus 2 tablespoons butter unsalted cold cut into 1/2-inch cubes
- ☐ 0.8 teaspoon cinnamon
- ☐ 2 large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon rounded nutmeg freshly grated

- ☐ 0.8 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 1.5 teaspoons vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk together flour, 1 cup sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a bowl. Blend 1 1/2 sticks butter into flour with your fingertips or a pastry blender just until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Transfer 1 1/2 cups flour mixture to another bowl for crumb topping.
- ☐ Add remaining 2 tablespoons butter and remaining 2 tablespoons sugar to crumb topping, then blend with your fingertips until large lumps form.
- ☐ Whisk together eggs, sour cream, and vanilla, then add to remaining flour mixture, stirring until just combined. Fold in blueberries and spread batter, distributing berries evenly, in a buttered 13- by 9- by 2-inch baking pan.
- ☐ Sprinkle batter evenly with crumb topping.
- ☐ Bake in middle of oven until cake is golden and a wooden pick or skewer inserted in center comes out clean, 40 to 45 minutes. Cool cake in pan on a rack 20 minutes before cutting.
- ☐ • This crumb cake is best eaten the day it is made.

Nutrition Facts



 **PROTEIN 5.76%**  **FAT 41.65%**  **CARBS 52.59%**

Properties

Glycemic Index:33.51, Glycemic Load:30.79, Inflammation Score:-5, Nutrition Score:7.8786956279174%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Petunidin: 11.17mg, Petunidin: 11.17mg, Petunidin: 11.17mg, Petunidin: 11.17mg Delphinidin: 12.56mg, Delphinidin: 12.56mg, Delphinidin: 12.56mg, Delphinidin: 12.56mg Malvidin: 23.95mg, Malvidin: 23.95mg, Malvidin: 23.95mg, Malvidin: 23.95mg Peonidin: 7.19mg, Peonidin: 7.19mg, Peonidin: 7.19mg, Peonidin: 7.19mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 352.03kcal (17.6%), Fat: 16.51g (25.4%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 45.14g (16.41%), Sugar: 21.02g (23.35%), Cholesterol: 72.81mg (24.27%), Sodium: 394.62mg (17.16%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.14g (10.27%), Selenium: 14.15µg (20.21%), Manganese: 0.36mg (18.1%), Vitamin B1: 0.27mg (17.77%), Folate: 64.85µg (16.21%), Vitamin B2: 0.25mg (14.57%), Vitamin A: 538.5IU (10.77%), Vitamin B3: 2.03mg (10.14%), Iron: 1.81mg (10.04%), Phosphorus: 87.28mg (8.73%), Vitamin K: 8.28µg (7.88%), Calcium: 75.06mg (7.51%), Fiber: 1.77g (7.08%), Vitamin E: 0.71mg (4.75%), Vitamin C: 3.62mg (4.38%), Vitamin B5: 0.39mg (3.89%), Copper: 0.08mg (3.86%), Magnesium: 12.6mg (3.15%), Zinc: 0.46mg (3.1%), Potassium: 101.51mg (2.9%), Vitamin B6: 0.05mg (2.75%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.17µg (1.11%)