



Blueberry Crumb Cake

 Vegetarian

READY IN



70 min.

SERVINGS



9

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 cup brown sugar packed
- 0.3 teaspoon salt
- 0.5 cup butter unsalted cold cut into tablespoons) (1 stick)
- 4 tablespoons butter unsalted softened plus more for pan
- 1.5 cups flour all-purpose plus more for pan and 1 teaspoon for blueberries (spooned and leveled)
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda

- 0.3 teaspoon salt
- 0.3 teaspoon allspice
- 0.8 cup sugar
- 1 large eggs
- 0.7 cup buttermilk
- 1.5 cups blueberries

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees. Make streusel topping: In a medium bowl, stir together flour, brown sugar, and salt.
- Cut in the butter using your hands or a pastry blender until large, moist crumbs form. Chill.
- Butter and flour a 9-inch square baking pan. In a medium bowl, whisk together 1 1/2 cups flour, baking powder, baking soda, salt, and allspice. In a large bowl, beat the butter and granulated sugar with an electric mixer until fluffy.
- Add egg; beat well.
- Add flour mixture and buttermilk alternately until just combined. (Batter will be very stiff.) In a large bowl, toss the blueberries with remaining teaspoon flour. Fold blueberries into the batter; spoon into prepared pan.
- Sprinkle cake evenly with streusel topping.
- Bake until golden brown and a tester comes out clean, 45 to 50 minutes.
- Let cool completely.

Nutrition Facts

PROTEIN 5.07% FAT 36.86% CARBS 58.07%

Properties

Glycemic Index:44.23, Glycemic Load:32.44, Inflammation Score:-5, Nutrition Score:8.039565179659%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 405.56kcal (20.28%), Fat: 16.87g (25.96%), Saturated Fat: 10.25g (64.05%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 58.26g (21.19%), Sugar: 31.94g (35.49%), Cholesterol: 63.11mg (21.04%), Sodium: 293.86mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Selenium: 14.6µg (20.85%), Vitamin B1: 0.29mg (19.55%), Folate: 69.23µg (17.31%), Manganese: 0.33mg (16.66%), Vitamin B2: 0.25mg (14.54%), Vitamin B3: 2.2mg (10.98%), Iron: 1.96mg (10.89%), Vitamin A: 543.6IU (10.87%), Phosphorus: 86.25mg (8.62%), Calcium: 84.7mg (8.47%), Fiber: 1.54g (6.17%), Vitamin K: 6.25µg (5.96%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.62µg (4.16%), Copper: 0.08mg (4.15%), Vitamin B5: 0.37mg (3.72%), Magnesium: 13.3mg (3.32%), Potassium: 109.66mg (3.13%), Zinc: 0.44mg (2.97%), Vitamin C: 2.41mg (2.93%), Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.05mg (2.48%)