



Blueberry Fold-Over Coffee Cake

READY IN



70 min.

SERVINGS



8

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.3 cup sugar
- 0.3 cup butter melted
- 0.7 cup milk
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 teaspoon lemon zest grated
- 2 cups blueberries fresh
- 0.3 cup sugar

- 1 tablespoon flour all-purpose
- 2 teaspoons juice of lemon
- 1 tablespoon butter melted
- 1 tablespoon granulated sugar white

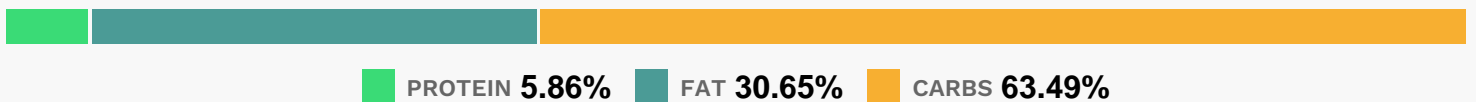
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350°F. Grease cookie sheet with shortening.
- In medium bowl, mix 2 cups flour, 1/4 cup sugar, 1/3 cup butter, the milk, baking powder, salt and lemon peel with fork until dough leaves side of bowl and forms a ball.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times.
- Roll into 12-inch circle. Fold circle into fourths. Carefully place on cookie sheet and unfold. Reshape if needed.
- In small bowl, mix blueberries, 1/3 cup sugar, 1 tablespoon flour and the lemon juice. Spoon over dough to within 2 inches of edge, mounding fruit in center. Fold dough over fruit, making pleats to retain circle shape and leaving about 3-inch opening in center.
- Brush 1 tablespoon butter over dough; sprinkle with sparkling sugar.
- Bake 35 to 40 minutes or until golden brown. Carefully remove from cookie sheet to serving plate.
- Let cool at least 10 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:66.28, Glycemic Load:31.4, Inflammation Score:-5, Nutrition Score:7.4165217565454%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 293.83kcal (14.69%), Fat: 10.17g (15.64%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 45.6g (16.58%), Sugar: 20.84g (23.15%), Cholesterol: 2.44mg (0.81%), Sodium: 365.96mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin B1: 0.28mg (18.62%), Manganese: 0.35mg (17.3%), Selenium: 11.44µg (16.34%), Folate: 61.5µg (15.38%), Vitamin B2: 0.21mg (12.34%), Vitamin B3: 2.08mg (10.4%), Iron: 1.72mg (9.55%), Calcium: 94.67mg (9.47%), Vitamin A: 453.98IU (9.08%), Phosphorus: 84.34mg (8.43%), Fiber: 1.78g (7.1%), Vitamin K: 7.3µg (6.95%), Vitamin C: 4.26mg (5.16%), Vitamin E: 0.59mg (3.93%), Copper: 0.07mg (3.46%), Magnesium: 12.44mg (3.11%), Potassium: 100.18mg (2.86%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.37mg (2.47%), Vitamin B6: 0.05mg (2.38%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.22µg (1.49%)