



Blueberry-Lemon Coffee Cake



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh thawed rinsed drained well ()
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 3 teaspoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.7 cup milk
- ☐ 0.7 cup powdered sugar
- ☐ 0.3 cup frangelico

- ☐ 2 cups frangelico
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- ☐ 2 cups frangelico

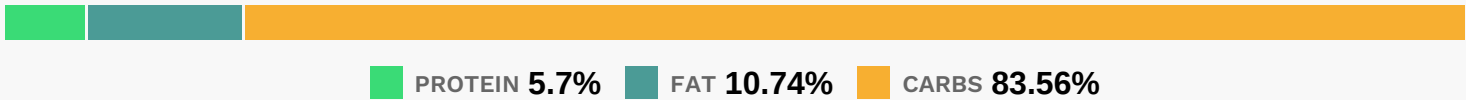
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 400F. Grease 9-inch round cake pan. In medium bowl, beat egg slightly. Stir in 2 cups Bisquick mix, the granulated sugar, milk and lemon peel until blended.
- ☐ In small bowl, toss blueberries and 1/4 cup Bisquick mix. Gently stir into batter.
- ☐ Spread in pan.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool 10 minutes.
- ☐ In small bowl, mix powdered sugar and lemon juice until smooth.
- ☐ Drizzle over coffee cake.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:7.07, Inflammation Score:-1, Nutrition Score:2.0147826153299%

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 Eriodictyol: 0.09mg, Eriodictyol:
0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg,
Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 102.36kcal (5.12%), Fat: 1.27g (1.95%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 22.2g (7.4%), Net
Carbohydrates: 21.67g (7.88%), Sugar: 21.02g (23.35%), Cholesterol: 22.9mg (7.63%), Sodium: 16.07mg (0.7%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 3.49mg (4.23%), Vitamin B2: 0.07mg
(3.83%), Vitamin K: 3.65µg (3.47%), Phosphorus: 33.89mg (3.39%), Manganese: 0.07mg (3.27%), Selenium: 2.21µg
(3.16%), Calcium: 30.5mg (3.05%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.22%), Fiber: 0.53g (2.12%),
Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.03mg (1.68%), Potassium: 55.83mg (1.6%), Vitamin A: 73.12IU (1.46%),
Vitamin B1: 0.02mg (1.42%), Zinc: 0.19mg (1.26%), Vitamin E: 0.18mg (1.19%), Magnesium: 4.43mg (1.11%), Folate:
4.17µg (1.04%)