



Blueberry-Lemon Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almond paste
- ☐ 3 tablespoons almonds sliced chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups blueberries
- ☐ 1.5 tablespoons butter melted
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1 large eggs

- ☐ 0.8 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

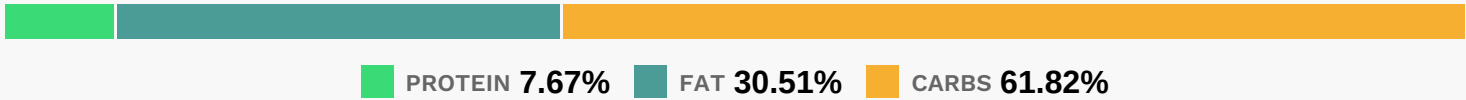
Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a small bowl, stirring with a whisk.
- ☐ Place 1/2 cup sugar, almond paste, and 2 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add egg and lemon juice, beating well.
- ☐ Add flour mixture and fat-free milk alternately to sugar mixture, beginning and ending with flour mixture. Fold in blueberries and rind. Spoon batter into a 9-inch square baking pan

coated with cooking spray.

- ☐
- To prepare topping, combine 1/4 cup sugar and remaining ingredients in a small bowl, tossing with a fork until moist.
- ☐
- Sprinkle topping evenly over batter.
- ☐
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:18.69, Inflammation Score:-3, Nutrition Score:6.0004348392072%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg 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: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg 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, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 200.33kcal (10.02%), Fat: 6.97g (10.73%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 30.22g (10.99%), Sugar: 17.59g (19.54%), Cholesterol: 24.74mg (8.25%), Sodium: 230.07mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Manganese: 0.3mg (14.85%), Vitamin E: 1.75mg (11.66%), Vitamin B2: 0.18mg (10.75%), Selenium: 7.39µg (10.56%), Vitamin B1: 0.15mg (10.05%), Folate: 38.09µg (9.52%), Phosphorus: 87.8mg (8.78%), Calcium: 85.27mg (8.53%), Iron: 1.14mg (6.31%), Fiber: 1.57g (6.26%), Vitamin B3: 1.21mg (6.03%), Magnesium: 22.27mg (5.57%), Copper: 0.09mg (4.63%), Vitamin K: 3.94µg (3.75%), Vitamin A: 166.28IU (3.33%), Vitamin C: 2.72mg (3.29%), Potassium: 103.97mg (2.97%), Zinc: 0.44mg (2.94%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.13µg (2.21%), Vitamin B6: 0.04mg (1.98%), Vitamin D: 0.25µg (1.68%)