



Blueberry-Lemon Streusel Coffee Cake

 Dairy Free

READY IN



37 min.

SERVINGS



12

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup blueberries frozen
- 3 tablespoons firmly brown sugar packed
- 0.3 cup egg substitute fat-free
- 0.5 teaspoon ground cinnamon
- 12.5 ounce lemon snack cake mix fat-free
- 2 tablespoons butter reduced-calorie
- 0.8 cup water

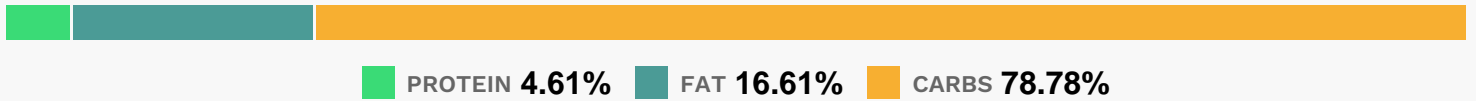
Equipment

- frying pan
- oven
- blender

Directions

- Reserve 1/2 cup cake mix for topping.
- Combine remaining cake mix, water, and egg substitute; stir just until dry ingredients are moistened. Fold in blueberries.
- Pour batter into a 9-inch square pan coated with cooking spray.
- Combine reserved cake mix, brown sugar, and cinnamon; cut in margarine with a pastry blender until mixture resembles coarse meal.
- Sprinkle mixture over batter in pan.
- Bake at 375 for 27 to 30 minutes or until golden.
- Cut into squares; serve warm.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:3.2269564789274%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 146.49kcal (7.32%), Fat: 2.74g (4.22%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 28.56g (10.39%), Sugar: 17.02g (18.92%), Cholesterol: 0mg (0%), Sodium: 248.65mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Phosphorus: 97.34mg (9.73%), Calcium: 71.17mg (7.12%), Manganese: 0.11mg (5.73%), Vitamin B2: 0.09mg (5.5%), Folate: 21.68µg (5.42%), Vitamin B1: 0.08mg (5.27%), Iron: 0.78mg (4.31%), Selenium: 3µg (4.29%), Vitamin B3: 0.75mg (3.74%), Vitamin E: 0.5mg (3.3%), Vitamin K: 3.27µg (3.12%), Fiber: 0.69g (2.78%), Vitamin B5: 0.21mg (2.12%), Vitamin A: 101.62IU (2.03%), Vitamin B6: 0.04mg (1.87%), Copper: 0.03mg (1.67%), Vitamin C: 1.23mg (1.49%), Magnesium: 4.98mg (1.25%), Potassium: 39.36mg (1.12%), Zinc: 0.15mg (1.02%)