



Blueberry Mystery Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 1 cup water boiling
- ☐ 0.5 cup sugar white

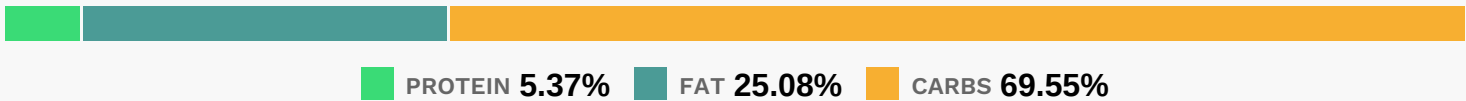
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place blueberries in a deep 8-inch pie pan; drizzle lemon juice over blueberries.
- ☐ Beat 3/4 cup sugar and butter together in a bowl using an electric mixer until creamy. Sift flour, baking powder, and 1/4 teaspoon salt together in a bowl.
- ☐ Mix milk, alternating with flour mixture, into creamed butter mixture until batter is just combined.
- ☐ Pour batter over blueberries.
- ☐ Combine 1/2 cup sugar, cornstarch, and 1/2 teaspoon salt together in a bowl until thoroughly mixed; sprinkle over batter.
- ☐ Pour boiling water over sugar mixture.
- ☐ Bake in the preheated oven until a toothpick inserted in the middle of the cake comes out clean, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:19.54, Inflammation Score:-3, Nutrition Score:4.4791303924892%

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: 177.23kcal (8.86%), Fat: 5.06g (7.79%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 30.27g (11.01%), Sugar: 16.97g (18.86%), Cholesterol: 13.12mg (4.37%), Sodium: 240.28mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Manganese: 0.23mg (11.66%), Vitamin B1: 0.15mg (9.7%), Selenium: 5.78µg (8.26%), Folate: 31.22µg (7.81%), Vitamin K: 7.6µg (7.24%), Vitamin B2: 0.12mg (6.93%), Calcium: 55.16mg (5.52%), Vitamin B3: 1.1mg (5.48%), Fiber: 1.32g (5.29%), Iron: 0.9mg (4.99%), Vitamin C: 4.07mg (4.94%), Phosphorus: 49.16mg (4.92%), Vitamin A: 175.96IU (3.52%), Copper: 0.05mg (2.51%), Vitamin E: 0.35mg (2.34%), Potassium: 71.04mg (2.03%), Magnesium: 8.13mg (2.03%), Vitamin B6: 0.04mg (1.81%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.17µg (1.12%)