



Blueberry Oats Bundt Cake



Vegetarian



Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



3849 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups blueberries fresh frozen
- ☐ 1 cup brown sugar
- ☐ 2 cups buttermilk
- ☐ 0.5 cup canola oil (you could use vegetable oil too)
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 cups oats quick (cooking)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tablespoon vinegar
- ☐ 1 cup walnuts chopped

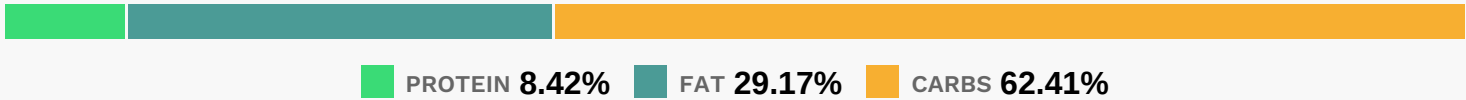
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Lightly grease and flour a bundt pan.In a large bowl whisk together the wet ingredients and the brown sugar.In another bowl combine together the flour, baking powder, baking soda and salt.
- ☐ Add this to the wet ingredients gradually until blended.Fold in the oats, blueberries and walnuts.
- ☐ Transfer the batter to the prepared pan and bake it for 45–50 minutes. Mine was done around 42 minutes itself. I tested for doneness using a tooth pick and also saw the cake pulling out from the sides of the pan.Leave the pan undisturbed for 10 minutes and slowly invert it on a wire cooling rack to cool it down completely.Dust the cake with confectioner’s sugar.

Nutrition Facts



Properties

Glycemic Index:353, Glycemic Load:200.91, Inflammation Score:-10, Nutrition Score:76.967826096908%

Flavonoids

Cyanidin: 28.21mg, Cyanidin: 28.21mg, Cyanidin: 28.21mg, Cyanidin: 28.21mg Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg Catechin: 16.5mg, Catechin: 16.5mg, Catechin: 16.5mg, Catechin: 16.5mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 8.44mg, Epicatechin: 8.44mg, Epicatechin: 8.44mg, Epicatechin: 8.44mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg Quercetin: 25.14mg, Quercetin: 25.14mg, Quercetin: 25.14mg, Quercetin: 25.14mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 3848.64kcal (192.43%), Fat: 128.12g (197.11%), Saturated Fat: 21.9g (136.9%), Carbohydrates: 616.65g (205.55%), Net Carbohydrates: 576.16g (209.51%), Sugar: 283.15g (314.61%), Cholesterol: 52.8mg (17.6%), Sodium: 3799.73mg (165.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.16g (166.33%), Manganese: 13.13mg (656.65%), Vitamin B1: 3.47mg (231.65%), Selenium: 158.58µg (226.54%), Phosphorus: 1997.21mg (199.72%), Folate: 671.79µg (167.95%), Copper: 3.29mg (164.45%), Fiber: 40.49g (161.97%), Vitamin B2: 2.65mg (155.66%), Calcium: 1544.28mg (154.43%), Iron: 25.89mg (143.83%), Magnesium: 556.68mg (139.17%), Vitamin K: 107.04µg (101.95%), Vitamin B3: 19.93mg (99.64%), Zinc: 13.71mg (91.4%), Potassium: 2640.28mg (75.44%), Vitamin B6: 1.35mg (67.67%), Vitamin B5: 6.12mg (61.17%), Vitamin D: 6.24µg (41.6%), Vitamin C: 31.53mg (38.22%), Vitamin E: 5.7mg (37.99%), Vitamin B12: 2.21µg (36.8%), Vitamin A: 1016.52IU (20.33%)