



Blueberry-Pecan Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 5 tablespoons butter
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons flour all-purpose

- ☐ 0.8 cup granulated sugar
- ☐ 0.7 cup buttermilk low-fat
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup pecans finely chopped
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

Equipment

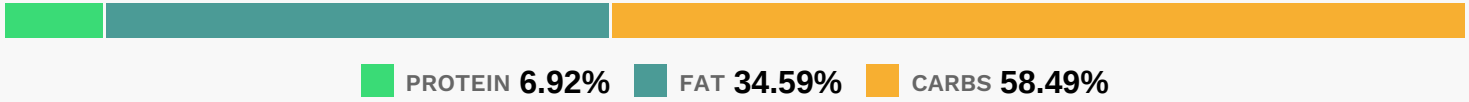
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch round springform pan with cooking spray, and dust the pan with 2 teaspoons flour.
- ☐ Place butter in a large microwave-safe bowl. Cover and microwave at high 1 minute or until butter melts.
- ☐ Add granulated sugar, stirring with a whisk.
- ☐ Add eggs; stir well. Stir in buttermilk and next 6 ingredients (buttermilk through baking soda); stir well. Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Add flour, stirring just until blended (do not overstir). Stir in blueberries and pecans. Spoon mixture into prepared pan, spreading evenly.

- ☐ Bake at 350 for 45 minutes or until lightly browned and a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:41.21, Glycemic Load:22.6, Inflammation Score:-4, Nutrition Score:6.4121738672256%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 249.45kcal (12.47%), Fat: 9.75g (15%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 35.48g (12.9%), Sugar: 20.59g (22.88%), Cholesterol: 52.89mg (17.63%), Sodium: 269.87mg (11.73%), Alcohol: 0.28g (100%), Alcohol %: 0.34% (100%), Protein: 4.39g (8.77%), Manganese: 0.4mg (19.98%), Selenium: 10.22µg (14.61%), Vitamin B1: 0.2mg (13.04%), Vitamin B2: 0.19mg (11.09%), Folate: 43.45µg (10.86%), Phosphorus: 78.91mg (7.89%), Iron: 1.31mg (7.25%), Vitamin B3: 1.32mg (6.62%), Fiber: 1.62g (6.48%), Vitamin K: 6.43µg (6.13%), Calcium: 57.51mg (5.75%), Vitamin A: 256.15IU (5.12%), Copper: 0.1mg (4.96%), Vitamin C: 3.62mg (4.38%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.36mg (3.59%), Magnesium: 13.78mg (3.45%), Vitamin E: 0.51mg (3.38%), Potassium: 100.29mg (2.87%), Vitamin B6: 0.05mg (2.75%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.2µg (1.33%)