



Blueberry Potato Cake

 Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4994 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups blueberries
- 4 eggs
- 2 cups flour all-purpose
- 1 large potatoes cubed peeled
- 0.3 teaspoon salt
- 1 cup shortening
- 2 teaspoons vanilla extract

2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- pot
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Bring a small pot of water to boil, add potato and let it boil until tender (approximately 10 minutes).
- Drain well, then mash. Set aside 1 cup.
- Sift together the flour, baking powder and salt. Stir in the blueberries to coat them in the flour mixture. Set aside.
- In a large bowl, cream together the shortening and sugar until light and fluffy.
- Mix in the warm mashed potato. Beat in the eggs one at a time, then stir in the vanilla. Stir in the flour mixture with the blueberries, mixing just until incorporated.
- Pour batter into prepared pan.
- Bake in the preheated oven for 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



PROTEIN 4.54% **FAT 40.21%** **CARBS 55.25%**

Properties

Glycemic Index:360.84, Glycemic Load:480.8, Inflammation Score:-10, Nutrition Score:73.050434775974%

Flavonoids

Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg 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

200.07mg Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg, Kaempferol: 7.87mg Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg Quercetin: 25.29mg, Quercetin: 25.29mg, Quercetin: 25.29mg, Quercetin: 25.29mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 4994.01kcal (249.7%), Fat: 226.78g (348.89%), Saturated Fat: 57.33g (358.29%), Carbohydrates: 701.05g (233.68%), Net Carbohydrates: 679.07g (246.93%), Sugar: 433.9g (482.11%), Cholesterol: 654.72mg (218.24%), Sodium: 1722.31mg (74.88%), Alcohol: 2.75g (100%), Alcohol %: 0.2% (100%), Protein: 57.65g (115.3%), Selenium: 142.6µg (203.72%), Manganese: 3.35mg (167.51%), Vitamin K: 174.48µg (166.17%), Vitamin B1: 2.48mg (165.3%), Folate: 617.02µg (154.25%), Vitamin B2: 2.36mg (138.96%), Vitamin C: 101.4mg (122.92%), Iron: 19.63mg (109.04%), Vitamin E: 16.29mg (108.59%), Phosphorus: 1040.09mg (104.01%), Vitamin B3: 20.05mg (100.26%), Fiber: 21.99g (87.95%), Vitamin B6: 1.66mg (82.79%), Calcium: 675.47mg (67.55%), Vitamin B5: 6.65mg (66.49%), Potassium: 2313.35mg (66.1%), Copper: 1.09mg (54.45%), Magnesium: 181.88mg (45.47%), Zinc: 5.62mg (37.43%), Vitamin B12: 1.57µg (26.11%), Vitamin D: 3.52µg (23.47%), Vitamin A: 1117.62IU (22.35%)