



Blueberry Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 2 cups granulated sugar
- ☐ 8 ounce carton lemon yogurt low-fat

- ☐ 4 teaspoons juice of lemon
- ☐ 0.5 cup butter light
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Beat first 3 ingredients at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add eggs and egg white, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 tablespoons flour and blueberries in a small bowl, and toss well.
- ☐ Combine remaining flour, baking powder, baking soda, and salt.
- ☐ Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture. Fold in blueberry mixture and vanilla; pour cake batter into a 10-inch tube pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Cool cake in pan 10 minutes; remove from pan.
- ☐ Combine powdered sugar and lemon juice in a small bowl; drizzle over warm cake.
- ☐ Cut with a serrated knife.

Nutrition Facts

 **PROTEIN 7.28%**  **FAT 18.57%**  **CARBS 74.15%**

Properties

Glycemic Index:17.32, Glycemic Load:31.35, Inflammation Score:-3, Nutrition Score:5.8617391689964%

Flavonoids

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Nutrients (% of daily need)

Calories: 269.38kcal (13.47%), Fat: 5.62g (8.65%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 49.43g (17.97%), Sugar: 31.67g (35.18%), Cholesterol: 43.68mg (14.56%), Sodium: 163.77mg (7.12%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 4.96g (9.92%), Selenium: 11.97µg (17.1%), Vitamin B1: 0.2mg (13.47%), Vitamin B2: 0.22mg (12.76%), Folate: 50.37µg (12.59%), Manganese: 0.23mg (11.4%), Iron: 1.44mg (8.01%), Phosphorus: 74.97mg (7.5%), Vitamin B3: 1.49mg (7.46%), Calcium: 54.71mg (5.47%), Fiber: 1.08g (4.32%), Vitamin A: 195.27IU (3.91%), Vitamin K: 4.06µg (3.86%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.47mg (3.1%), Vitamin B12: 0.17µg (2.91%), Vitamin C: 2.39mg (2.9%), Copper: 0.06mg (2.8%), Potassium: 96.78mg (2.77%), Magnesium: 10.61mg (2.65%), Vitamin E: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.22%), Vitamin D: 0.26µg (1.75%)