



Blueberry Pudding Cake

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 1 teaspoon cornstarch
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.5 cup butter unsalted cooled melted
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 0.5 cup milk whole

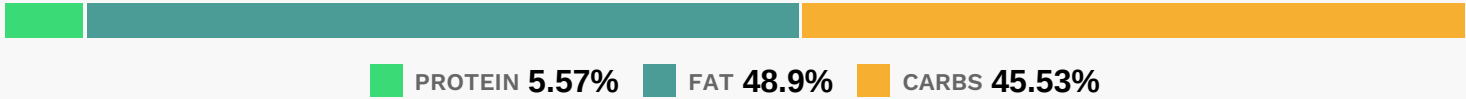
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Butter a 9-inch square baking pan.
- ☐ Stir together 1/3 cup sugar with water, lemon juice, and cornstarch in a small saucepan, then stir in blueberries. Bring to a simmer, then simmer, stirring occasionally, 3 minutes.
- ☐ Remove from heat.
- ☐ Whisk together flour, baking powder, salt, and remaining 1/2 cup sugar in a medium bowl.
- ☐ Whisk together egg, milk, butter, and vanilla in a large bowl, then add flour mixture, whisking until just combined.
- ☐ Spoon batter into baking pan, spreading evenly, then pour blueberry mixture evenly over batter (berries will sink).
- ☐ Bake until a knife inserted into center of cake portion comes out clean, 25 to 30 minutes. Cool in pan on a rack 5 minutes.
- ☐ Cake can be made 1 day ahead and cooled completely, uncovered, then kept, wrapped well in foil, at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:22.3, Inflammation Score:-5, Nutrition Score:7.475652228231%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 310.84kcal (15.54%), Fat: 17.2g (26.45%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.26g (12.46%), Sugar: 17.23g (19.14%), Cholesterol: 74.11mg (24.7%), Sodium: 534.52mg (23.24%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 4.4g (8.81%), Manganese: 0.32mg (15.77%), Selenium: 10.33µg (14.75%), Vitamin B1: 0.2mg (13.21%), Vitamin B2: 0.2mg (11.7%), Vitamin A: 577.46IU (11.55%), Folate: 46.07µg (11.52%), Calcium: 109.73mg (10.97%), Vitamin K: 10.99µg (10.47%), Phosphorus: 95.84mg (9.58%), Iron: 1.4mg (7.76%), Vitamin B3: 1.48mg (7.38%), Fiber: 1.76g (7.04%), Vitamin C: 5.75mg (6.97%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.38mg (3.8%), Vitamin B12: 0.22µg (3.6%), Copper: 0.07mg (3.56%), Potassium: 110.93mg (3.17%), Vitamin B6: 0.06mg (3.16%), Magnesium: 12.03mg (3.01%), Zinc: 0.44mg (2.92%)