



Blueberry-Sausage Breakfast Cake

READY IN



60 min.

SERVINGS



12

CALORIES



464 kcal

Ingredients

- 0.5 cup butter softened
- 0.8 cup sugar
- 0.3 cup brown sugar packed
- 2 large eggs room temperature
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup cream sour
- 1 pound sausage meat cooked drained
- 1 cup blueberries fresh

- 0.5 cup pecans chopped
- 0.5 cup sugar
- 2 tablespoons cornstarch
- 0.5 cup water
- 2 cups blueberries fresh

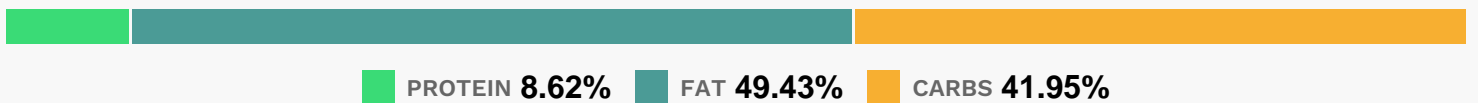
Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- In a bowl, cream butter and sugars.
- Add eggs, 1 at a time, beating well after each addition.
- Combine flour, baking powder and baking soda; add to creamed mixture alternately with sour cream, beating well after each addition. Fold in sausage and blueberries.
- Pour mixture into a greased 13x9-in. baking pan.
- Sprinkle with pecans.
- Bake at 350° until a toothpick inserted in cake comes out clean, 35–40 minutes.
- For sauce, combine sugar and cornstarch in a saucepan.
- Add water and blueberries. Cook and stir until thick and bubbly. Spoon over individual servings. Refrigerate leftover cake and sauce.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:27.94, Inflammation Score:-5, Nutrition Score:9.6878260322239%

Flavonoids

Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.44mg, Delphinidin: 13.44mg, Delphinidin: 13.44mg, Delphinidin: 13.44mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 463.78kcal (23.19%), Fat: 25.87g (39.81%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 47.5g (17.27%), Sugar: 29.85g (33.17%), Cholesterol: 89.86mg (29.95%), Sodium: 402.82mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.31%), Manganese: 0.48mg (24.08%), Vitamin B1: 0.32mg (21.25%), Vitamin B3: 3.25mg (16.24%), Selenium: 10.85µg (15.5%), Vitamin B2: 0.25mg (14.56%), Phosphorus: 131.55mg (13.15%), Folate: 47.12µg (11.78%), Iron: 1.85mg (10.29%), Zinc: 1.42mg (9.44%), Vitamin A: 451.64IU (9.03%), Vitamin B6: 0.18mg (8.89%), Vitamin K: 8.49µg (8.08%), Fiber: 1.9g (7.6%), Vitamin B12: 0.45µg (7.53%), Copper: 0.15mg (7.29%), Vitamin B5: 0.64mg (6.39%), Calcium: 62.14mg (6.21%), Potassium: 207.49mg (5.93%), Magnesium: 21.34mg (5.33%), Vitamin C: 4.08mg (4.94%), Vitamin E: 0.74mg (4.92%), Vitamin D: 0.66µg (4.39%)