



Blueberry Streusel Cake

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1.5 cups blueberries
- 0.3 cup brown sugar packed
- 1 large eggs
- 1 large egg white
- 1.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 cup granulated sugar

- 0.8 cup yogurt plain low-fat
- 1 tablespoon butter melted
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup vanilla wafer crumbs (8 cookies)
- 3 tablespoons vegetable oil
- 1 teaspoon water hot

Equipment

- bowl
- oven
- whisk
- wire rack
- cake form
- potato masher

Directions

- Preheat oven to 350
- Combine blueberries and 1/4 cup sugar in a bowl; gently mash with a potato masher until blueberries are crushed.
- Let stand 5 minutes. Set aside.
- Combine wafer crumbs, brown sugar, margarine, and hot water; stir until well-blended. Set aside.
- Combine flour, 1/3 cup sugar, baking powder, baking soda, and salt in a large bowl.
- Combine yogurt, oil, vanilla, egg, and egg white; stir well with a whisk.
- Add to flour mixture, stirring until well-blended. Fold in blueberry mixture.
- Pour batter into a 9-inch round cake pan coated with cooking spray.
- Bake at 350 for 30 minutes.

Sprinkle brown sugar mixture over cake; bake an additional 10 minutes or until a wooden pick inserted in center comes out clean.

Let cool on a wire rack.

Nutrition Facts

PROTEIN 7.22% **FAT 26.57%** **CARBS 66.21%**

Properties

Glycemic Index:53.02, Glycemic Load:27.09, Inflammation Score:-3, Nutrition Score:6.9160869354787%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 289.43kcal (14.47%), Fat: 8.63g (13.28%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 47.04g (17.11%), Sugar: 27.23g (30.26%), Cholesterol: 24.67mg (8.22%), Sodium: 179.91mg (7.82%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.28g (10.55%), Selenium: 11.65µg (16.64%), Vitamin B1: 0.23mg (15.1%), Vitamin K: 14.87µg (14.16%), Vitamin B2: 0.24mg (13.97%), Folate: 54.3µg (13.58%), Manganese: 0.26mg (13.12%), Phosphorus: 85.56mg (8.56%), Vitamin B3: 1.66mg (8.32%), Calcium: 79.51mg (7.95%), Iron: 1.4mg (7.75%), Fiber: 1.36g (5.45%), Vitamin E: 0.72mg (4.77%), Vitamin B5: 0.39mg (3.87%), Potassium: 130.38mg (3.73%), Vitamin C: 2.88mg (3.49%), Zinc: 0.5mg (3.33%), Magnesium: 12.77mg (3.19%), Vitamin B12: 0.19µg (3.16%), Copper: 0.06mg (3.14%), Vitamin B6: 0.05mg (2.5%), Vitamin A: 123.05IU (2.46%)