



Blueberry Streusel Coffee Cake

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 2 cups blueberries
- 0.8 cup brown sugar
- 3 eggs room-temperature
- 1 tablespoon flour all-purpose or as needed
- 2.8 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 1 teaspoon salt
- 1 pint cup heavy whipping cream sour
- 0.8 cup butter unsalted
- 2 teaspoons vanilla extract
- 0.8 cup walnuts chopped
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat the inside of a tube pan with 1 tablespoon melted butter and 1 tablespoon flour.
- Combine 2 3/4 cup flour, baking powder, baking soda, and salt in a bowl.
- Beat butter and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- Add eggs one at a time, allowing each egg to blend into butter mixture before adding the next. Beat vanilla into the mixture with the last egg.
- Pour flour mixture alternately with the sour cream into the butter mixture, mixing until just incorporated into a batter.
- Mix blueberries, brown sugar, walnuts, and cinnamon.
- Spread about 1/3 the batter into the bottom of the prepared pan.
- Sprinkle about 1/3 the blueberry mixture over the batter layer.
- Spread about 1/2 the remaining batter over the blueberry mixture; top with about 1/3 the remaining blueberry mixture.
- Spread remaining batter over the blueberry mixture. Top with remaining blueberry mixture.

Bake in the preheated oven until golden and the tops spring back when lightly pressed, 60 to 65 minutes.

Nutrition Facts

PROTEIN 5.53% **FAT 46.37%** **CARBS 48.1%**

Properties

Glycemic Index:23.57, Glycemic Load:21.91, Inflammation Score:-5, Nutrition Score:7.4669565325198%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 362.23kcal (18.11%), Fat: 19.05g (29.3%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 42.98g (15.63%), Sugar: 25.63g (28.48%), Cholesterol: 71.02mg (23.67%), Sodium: 313.55mg (13.63%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.11g (10.21%), Manganese: 0.44mg (21.78%), Selenium: 11.67µg (16.67%), Vitamin B1: 0.21mg (13.85%), Folate: 52.74µg (13.19%), Vitamin B2: 0.22mg (12.83%), Vitamin A: 506.16IU (10.12%), Phosphorus: 95.01mg (9.5%), Iron: 1.53mg (8.5%), Calcium: 78.94mg (7.89%), Copper: 0.15mg (7.45%), Vitamin B3: 1.49mg (7.44%), Fiber: 1.47g (5.89%), Magnesium: 19.93mg (4.98%), Vitamin K: 5.04µg (4.8%), Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.57mg (3.83%), Potassium: 128.18mg (3.66%), Vitamin C: 2.14mg (2.59%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.32µg (2.16%)