



## Blueberry Yoghurt Cake

READY IN



45 min.

SERVINGS



20

CALORIES



194 kcal

DESSERT

### Ingredients

- 240 g butter
- 200 g sugar (reduced to 170g)
- 1 tsp vanilla extract
- 260 g eggs
- 60 g yogurt
- 120 g flour plain
- 1 tsp double-acting baking powder
- 60 g almond flour (ground almond)
- 100 g blueberry filling

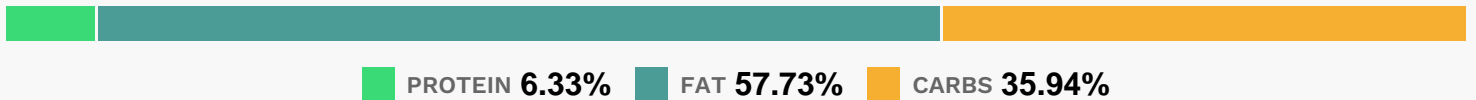
## Equipment

- oven
- sieve
- aluminum foil
- spatula
- skewers

## Directions

- Sieve plain flour, baking powder and almond meal together, set aside.
- Beat butter, sugar and vanilla extract till creamy and white.
- Add yoghurt into it and mix well.
- Add eggs one at a time, fully incorporated before adding the next egg.
- Stop machine and use a rubber spatula to fold in the flour mixture well.
- Lastly fold in the blueberry filling, mix well and pour batter equally into two oval shape cake pans.
- Add some fresh or frozen blueberries on top (optional).
- Bake at preheated oven at 170C for 30–35 mins or skewer inserted into the centre of the cake comes out clean. (Cover the cake loosely with an aluminium foil at half way of baking if you find the top of the cake is too brown).

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:10.38, Inflammation Score:-2, Nutrition Score:2.8939130434783%

## Taste

Sweetness: 93.46%, Saltiness: 34.7%, Sourness: 12.75%, Bitterness: 3.59%, Savoriness: 20.52%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 193.53kcal (9.68%), Fat: 12.65g (19.46%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 17.11g (6.22%), Sugar: 12.21g (13.57%), Cholesterol: 74.55mg (24.85%), Sodium: 122.22mg (5.31%), Protein: 3.12g (6.24%), Selenium: 6.29µg (8.99%), Vitamin A: 374.15IU (7.48%), Vitamin B2: 0.1mg (5.95%), Folate: 17.71µg (4.43%), Phosphorus: 43.6mg (4.36%), Iron: 0.69mg (3.85%), Vitamin B1: 0.05mg (3.66%), Calcium: 35.98mg (3.6%), Vitamin E: 0.43mg (2.88%), Manganese: 0.06mg (2.82%), Vitamin B5: 0.26mg (2.55%), Vitamin B12: 0.15µg (2.45%), Fiber: 0.61g (2.44%), Vitamin B3: 0.38mg (1.88%), Vitamin D: 0.26µg (1.75%), Zinc: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.38%), Copper: 0.02mg (1.24%), Potassium: 38.2mg (1.09%), Vitamin K: 1.1µg (1.05%), Magnesium: 4.07mg (1.02%)