



Blueberry Yogurt Cake

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup blueberries
- ☐ 0.5 cup butter
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

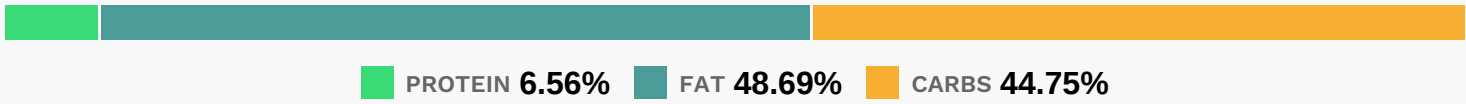
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ In a large bowl, cream 1/2 cup butter with the granulated sugar until light and fluffy. Beat in eggs and vanilla.
- ☐ In a medium bowl, sift together flour, baking powder, baking soda, and salt. Stir into butter mixture.
- ☐ Add yogurt and mix; gently stir in blueberries.
- ☐ In a small bowl, stir together the brown sugar, cinnamon, nutmeg, and walnuts.
- ☐ Pour half the cake batter into a buttered and floured 8-inch square baking pan.
- ☐ Sprinkle with half the brown sugar mixture and top with the remaining batter.
- ☐ Combine the remaining brown sugar mixture with 2 tablespoons butter and sprinkle over the top of the batter.
- ☐ Bake until toothpick inserted into center comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:1.3904347879731%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Petunidin: 0.85mg, Petunidin: 0.85mg, Petunidin: 0.85mg, Petunidin: 0.85mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 1.82mg, Malvidin: 1.82mg, Malvidin: 1.82mg, Malvidin: 1.82mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 59.62kcal (2.98%), Fat: 3.32g (5.1%), Saturated Fat: 1.28g (8%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.27g (4.74%), Cholesterol: 11.33mg (3.78%), Sodium: 41.38mg (1.8%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.01g (2.01%), Manganese: 0.11mg (5.5%), Selenium: 1.76µg (2.51%), Vitamin B1: 0.03mg (2.16%), Folate: 8.64µg (2.16%), Copper: 0.04mg (2.12%), Phosphorus: 19.79mg (1.98%), Vitamin B2: 0.03mg (1.91%), Calcium: 14.63mg (1.46%), Iron: 0.26mg (1.46%), Vitamin A: 64.53IU (1.29%), Magnesium: 5.05mg (1.26%), Fiber: 0.31g (1.23%), Vitamin B3: 0.21mg (1.05%)