



Blueberry Yogurt Pound Cake

READY IN



130 min.

SERVINGS



10

CALORIES



329 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 1.5 cups blueberries
- 0.3 cup brown sugar
- 0.3 cup confectioners' sugar
- 3 eggs
- 0.5 teaspoon ground cinnamon for dusting plus more
- 1 cup vanilla yogurt low-fat
- 1 teaspoon peppermint flavoring
- 0.3 cup vegetable oil

- 0.3 cup water
- 18.3 ounce duncan hines classic decadent cake mix yellow with pudding included

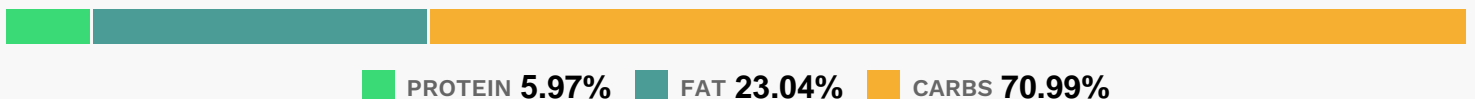
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch fluted tube pan (such as Bundt®).
- Mix cake mix and brown sugar together in a bowl; add yogurt, applesauce, water, vegetable oil, eggs, maple flavoring, and cinnamon. Beat on low speed with an electric hand mixer until blended. Scrape bowl and beat on medium speed for 4 more minutes.
- Toss blueberries with enough cinnamon to evenly dust each berry in a bowl. Fold blueberries into the batter.
- Pour batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, 55 to 60 minutes.
- Let cool in pan for 10 minutes, then turn out onto a wire rack to cool completely. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:7.5660870075226%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 328.87kcal (16.44%), Fat: 8.54g (13.13%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 57.84g (21.03%), Sugar: 37.46g (41.62%), Cholesterol: 50.33mg (16.78%), Sodium: 413.94mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Phosphorus: 223.16mg (22.32%), Calcium: 166.05mg (16.6%), Vitamin K: 15.96µg (15.2%), Vitamin B2: 0.24mg (14.26%), Folate: 45.84µg (11.46%), Manganese: 0.2mg (10.11%), Selenium: 6.95µg (9.93%), Vitamin B1: 0.15mg (9.77%), Iron: 1.46mg (8.14%), Vitamin E: 1.21mg (8.09%), Vitamin B3: 1.34mg (6.72%), Vitamin B5: 0.57mg (5.66%), Fiber: 1.34g (5.36%), Vitamin B12: 0.3µg (4.98%), Vitamin B6: 0.09mg (4.53%), Potassium: 130.12mg (3.72%), Zinc: 0.56mg (3.71%), Copper: 0.07mg (3.5%), Magnesium: 12.99mg (3.25%), Vitamin C: 2.48mg (3%), Vitamin A: 97.64IU (1.95%), Vitamin D: 0.26µg (1.76%)