

Coconut Blueberry Cake

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



173 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 1.5 cups blueberries fresh
- 1 tablespoon butter
- 0.5 cup canola oil
- 1 cup coconut flakes flaked
- 4.5 teaspoons cornstarch
- 2 eggs
- 2 cups flour all-purpose

- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 1 cup milk
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 cup water

Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a bowl, combine the flour, sugar, baking powder and salt. Beat the eggs, milk and oil; stir into dry ingredients just until moistened. Fold in blueberries.
- Transfer to a greased 13-in. x 9-in. baking dish.
- Sprinkle with coconut.
- Bake at 375° for 22–24 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.
- In a small saucepan, combine the sugar, cornstarch and lemon peel. Gradually add water until blended. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; stir in butter and lemon juice.
- Cut cake into squares; drizzle with lemon sauce.

Nutrition Facts



PROTEIN 7.92% **FAT 36.66%** **CARBS 55.42%**

Properties

Glycemic Index:24.34, Glycemic Load:15.06, Inflammation Score:-2, Nutrition Score:5.4591304633928%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 173.42kcal (8.67%), Fat: 7.22g (11.11%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 22.82g (8.3%), Sugar: 9.45g (10.5%), Cholesterol: 25.78mg (8.59%), Sodium: 147.59mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.32mg (16.11%), Selenium: 8.89µg (12.71%), Vitamin B1: 0.15mg (10.12%), Folate: 35.1µg (8.78%), Vitamin B2: 0.15mg (8.55%), Phosphorus: 77.5mg (7.75%), Calcium: 76.26mg (7.63%), Fiber: 1.76g (7.02%), Iron: 1.2mg (6.68%), Vitamin B3: 1.1mg (5.52%), Copper: 0.09mg (4.29%), Vitamin K: 4.12µg (3.92%), Magnesium: 12.86mg (3.22%), Vitamin E: 0.48mg (3.17%), Vitamin C: 2.47mg (2.99%), Vitamin B5: 0.29mg (2.91%), Potassium: 95.31mg (2.72%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.3µg (1.98%), Vitamin A: 89.53IU (1.79%)