



Eggless Blueberry Pound Cake

READY IN



25 min.

SERVINGS



12

CALORIES



98 kcal

Ingredients

- ☐ 2 Teaspoons double-acting baking powder
- ☐ 1 Teaspoon baking soda
- ☐ 2 cups blueberries fresh (I Used)
- ☐ 0.5 cup butter softened
- ☐ 2 cups cake flour
- ☐ 0.3 cup milk 2% (I Used)
- ☐ 0.3 Teaspoon salt
- ☐ 0.5 cup silken tofu pureed (See Notes)
- ☐ 1 Teaspoon vanilla extract
- ☐ 0.5 cup yogurt plain whole (I Used)

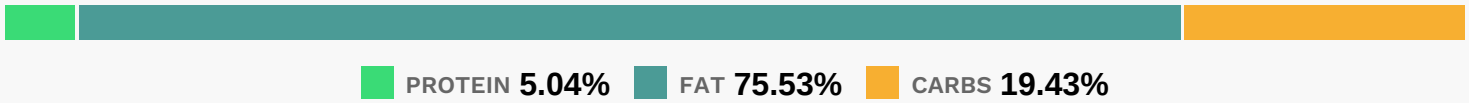
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven at 350F/180C for 15 minutes. Grease and flour a bundt pan. Blend silken tofu and yogurt separately; measure 1/2 cup each. In a small bowl mix together the pureed tofu, yogurt, milk and vanilla extract. In another bowl sift together the flour, baking powder, baking soda and salt; set aside. Cream the butter and sugar in a large bowl until it's light and fluffy. It will take about 5 minutes. To this mixture add the liquid ingredients in 3 additions, beating well after each addition. Now combine the dry ingredients and blend well. Stir in the blueberries.
- ☐ Pour the batter into the prepared pan and bake for about 60–70 minutes or until a toothpick inserted in the center of the cake comes out clean. Mine was done in 60 minutes.
- ☐ Remove the pan from the oven and let it cool on a wire rack. You will be able to remove the cake from the pan in about 20–25 minutes. Keep the cake on the wire rack and let it cool completely.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:2.2186956327894%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin:

0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 98.49kcal (4.92%), Fat: 8.52g (13.1%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.35g (3.73%), Cholesterol: 22.27mg (7.42%), Sodium: 278.53mg (12.11%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 1.28g (2.55%), Calcium: 64.68mg (6.47%), Vitamin A: 268.03IU (5.36%), Vitamin K: 5.46µg (5.2%), Manganese: 0.09mg (4.29%), Phosphorus: 40.96mg (4.1%), Vitamin C: 2.44mg (2.96%), Vitamin E: 0.37mg (2.46%), Fiber: 0.61g (2.43%), Vitamin B2: 0.04mg (2.31%), Potassium: 63.26mg (1.81%), Copper: 0.04mg (1.8%), Vitamin B1: 0.03mg (1.7%), Magnesium: 6.63mg (1.66%), Vitamin B12: 0.08µg (1.36%), Iron: 0.23mg (1.29%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.01%)