



Fresh Blueberry Cake

READY IN



65 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon lemon zest
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1 cup sugar white

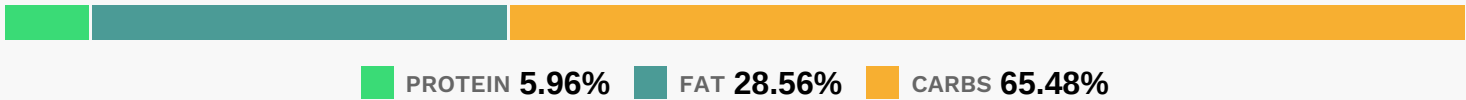
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch pan.
- ☐ Sift flour, baking powder, sugar, and salt together in a large bowl. Beat shortening in a separate bowl until creamy; stir into flour mixture, alternating with milk. Beat flour-shortening mixture until mixed, about 2 minutes.
- ☐ Add egg and beat until mixed, about 1 minute.
- ☐ Combine lemon zest with blueberries in a bowl; fold into batter.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 50 minutes.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:36.26, Inflammation Score:-3, Nutrition Score:7.0365216835685%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:

1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 318.29kcal (15.91%), Fat: 10.24g (15.76%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 51.54g (18.74%), Sugar: 28.01g (31.12%), Cholesterol: 23.2mg (7.73%), Sodium: 196.59mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Selenium: 12.89µg (18.41%), Vitamin B1: 0.27mg (17.94%), Folate: 60.92µg (15.23%), Manganese: 0.28mg (13.95%), Vitamin B2: 0.22mg (13.15%), Vitamin B3: 1.95mg (9.76%), Calcium: 96.49mg (9.65%), Iron: 1.73mg (9.61%), Phosphorus: 91.9mg (9.19%), Vitamin K: 8.29µg (7.9%), Fiber: 1.32g (5.26%), Vitamin E: 0.72mg (4.78%), Vitamin B5: 0.39mg (3.88%), Copper: 0.06mg (3.09%), Magnesium: 11.7mg (2.92%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.42mg (2.78%), Potassium: 90.7mg (2.59%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.36µg (2.41%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 76.87IU (1.54%)