



Gluten Free Almond Blueberry Coffee Cake

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 tablespoons almonds sliced
- 3 teaspoons double-acting baking powder (without wheat starch)
- 1.5 cup blueberries frozen
- 0.3 cup canola oil
- 1 large eggs
- 2 cups flour gluten free all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon sea salt fine

- 3 tablespoons sugar raw
- 0.5 cup vanilla yogurt
- 0.5 cup milk whole
- 1 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- toothpicks
- spatula
- springform pan

Directions

- Preheat your oven to 375 degrees F and spray a 9" springform pan with a nonstick spray. Set aside. In a large bowl, whisk together the egg, whole milk, vanilla yogurt and canola oil. Set aside. In a separate medium bowl, whisk together 2 cups of the flour, granulated sugar, baking powder, xanthan gum and fine sea salt.
- Add the dry ingredients to the wet and mix to combine until just moistened. Do not overmix. In a small bowl, combine 1 cup of the blueberries with the remaining 1 tablespoon flour. Fold the blueberries into the batter very gently until dispersed evenly. It is OK if they bleed just a little bit.
- Pour the batter into the prepared pan and flatten and even out with a spatula. Top with the remaining blueberries. In a small bowl toss the turbinado sugar and almonds together.
- Sprinkle on top of the cake.
- Transfer the cake to the oven and bake for 30–35 minutes or until a toothpick comes out with just a few crumbs.

Remove from heat and let cool in the pan for 15 minutes. Release the sides and transfer the cake to a wire rack to cool the rest of the way. Enjoy immediately or cover with plastic wrap and eat within 2 days.

Nutrition Facts

PROTEIN 7.76% **FAT 32.33%** **CARBS 59.91%**

Properties

Glycemic Index:31.26, Glycemic Load:10.75, Inflammation Score:-2, Nutrition Score:5.9765217391304%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 298.6kcal (14.93%), Fat: 11.3g (17.38%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 42.62g (15.5%), Sugar: 23.76g (26.39%), Cholesterol: 25.85mg (8.62%), Sodium: 340.52mg (14.81%), Protein: 6.1g (12.21%), Fiber: 4.49g (17.95%), Calcium: 169.08mg (16.91%), Vitamin E: 2.42mg (16.13%), Phosphorus: 103.72mg (10.37%), Vitamin K: 10.43µg (9.93%), Manganese: 0.19mg (9.25%), Iron: 1.61mg (8.97%), Vitamin B2: 0.14mg (8.05%), Selenium: 3.22µg (4.6%), Magnesium: 17.32mg (4.33%), Vitamin B12: 0.22µg (3.65%), Vitamin C: 2.81mg (3.41%), Potassium: 116.98mg (3.34%), Copper: 0.06mg (3.13%), Zinc: 0.43mg (2.9%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.04mg (2.36%), Vitamin B6: 0.05mg (2.32%), Folate: 7.94µg (1.98%), Vitamin D: 0.29µg (1.95%), Vitamin A: 80.06IU (1.6%), Vitamin B3: 0.29mg (1.44%)