



Individual Blueberry-Coconut Pound Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



620 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blueberries
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 5 tablespoons cup heavy whipping cream
- ☐ 2 teaspoons lime zest freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup coconut sweetened flaked

☐ 0.5 cup butter unsalted softened

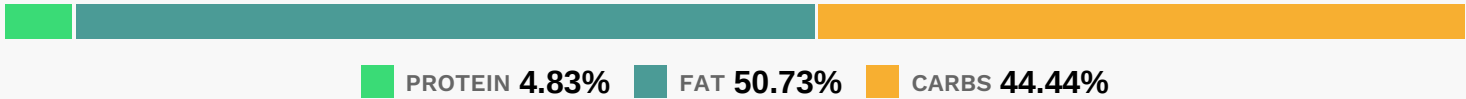
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F and butter and flour 9 (1/2-cup) muffin cups (just butter if nonstick).
- ☐ Beat together butter, sugar, and zest until light and fluffy. Beat in eggs, 1 at a time. Beat in cream, then flour and salt, on low speed until just combined. Stir in 1/2 cup coconut and gently stir in blueberries.
- ☐ Spoon batter into cups and smooth tops.
- ☐ Sprinkle tops with remaining 3 tablespoons coconut.
- ☐ Bake in middle of oven until a tester comes out clean and edges are golden brown, about 25 minutes. Invert onto a rack and cool.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:44.35, Inflammation Score:-6, Nutrition Score:10.180434900781%

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 Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 620.37kcal (31.02%), Fat: 35.63g (54.81%), Saturated Fat: 22.53g (140.81%), Carbohydrates: 70.22g (23.41%), Net Carbohydrates: 67.85g (24.67%), Sugar: 43.94g (48.82%), Cholesterol: 175.19mg (58.4%), Sodium: 220.51mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Selenium: 21.07µg (30.11%), Vitamin A: 1130.21IU (22.6%), Vitamin B2: 0.33mg (19.41%), Manganese: 0.39mg (19.37%), Folate: 72.05µg (18.01%), Vitamin B1: 0.27mg (17.95%), Iron: 2.15mg (11.95%), Phosphorus: 113.96mg (11.4%), Vitamin B3: 2.04mg (10.21%), Fiber: 2.37g (9.47%), Vitamin D: 1.23µg (8.17%), Vitamin E: 1.22mg (8.13%), Vitamin B5: 0.64mg (6.39%), Vitamin K: 6.33µg (6.03%), Copper: 0.11mg (5.74%), Vitamin B12: 0.3µg (5.01%), Zinc: 0.72mg (4.81%), Magnesium: 18.35mg (4.59%), Potassium: 146.96mg (4.2%), Calcium: 40.95mg (4.09%), Vitamin B6: 0.08mg (3.85%), Vitamin C: 2.2mg (2.66%)