



Lemon-Blueberry Bundt Cake

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



503 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon buttermilk
- ☐ 2 cups powdered sugar
- ☐ 4 large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup juice of lemon

- ☐ 2 Tbsp juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 16 tablespoons butter unsalted at room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract

Equipment

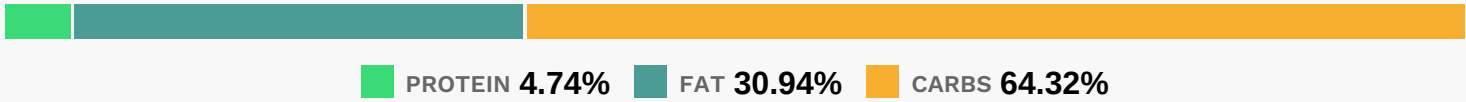
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350F. Grease a 12-cup Bundt pan with melted butter, add a few tablespoons of flour and rotate pan to evenly coat, tapping out excess.
- ☐ Sift 3 cups flour with baking powder and salt into a large bowl. In a small bowl, combine lemon juice, vanilla and buttermilk.
- ☐ In a second large bowl, beat butter, sugar and lemon zest until light and fluffy.
- ☐ Add eggs, one at a time, beating well after each.
- ☐ Add about 1/4 of flour mixture, followed by 1/4 of buttermilk mixture, mixing just until incorporated. Repeat, alternating dry and liquid ingredients, until batter is thoroughly combined. Gently fold in blueberries.
- ☐ Transfer batter to pan, spreading evenly.
- ☐ Bake until a tester inserted into center of cake comes out clean, about 1 hour.
- ☐ Let cool in pan on a wire rack for 10 minutes, then unmold cake.
- ☐ Mix confectioners' sugar, buttermilk and 2 Tbsp. lemon juice in a bowl, stirring until smooth. Glaze should be pourable; if it's too thick, add lemon juice, 1 tsp. at a time, until it reaches desired consistency.

- ☐ Pour half of glaze over warm cake.
- ☐ Let cool for 1 hour, then pour remaining glaze over cake and serve.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:42.06, Inflammation Score:-5, Nutrition Score:8.6547825440117%

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 Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 502.85kcal (25.14%), Fat: 17.62g (27.11%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 82.42g (27.47%), Net Carbohydrates: 80.91g (29.42%), Sugar: 56.37g (62.63%), Cholesterol: 103.37mg (34.46%), Sodium: 206.88mg (8.99%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 6.08g (12.16%), Selenium: 16.67µg (23.82%), Vitamin B1: 0.27mg (18.04%), Folate: 70.2µg (17.55%), Vitamin B2: 0.28mg (16.41%), Manganese: 0.31mg (15.33%), Vitamin A: 589.29IU (11.79%), Iron: 1.93mg (10.74%), Vitamin B3: 1.99mg (9.96%), Phosphorus: 99.43mg (9.94%), Vitamin C: 7.72mg (9.36%), Calcium: 73.93mg (7.39%), Fiber: 1.51g (6.04%), Vitamin K: 6.24µg (5.95%), Vitamin E: 0.8mg (5.3%), Vitamin D: 0.76µg (5.06%), Vitamin B5: 0.5mg (5.04%), Copper: 0.08mg (4.17%), Vitamin B12: 0.23µg (3.86%), Zinc: 0.55mg (3.64%), Vitamin B6: 0.07mg (3.3%), Magnesium: 12.89mg (3.22%), Potassium: 110.39mg (3.15%)