



Lemon-Blueberry Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



300 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups blueberries fresh
- 0.3 cup butter softened
- 4 large eggs
- 13.5 ounces flour all-purpose
- 1.8 cups granulated sugar
- 2 tablespoons granulated sugar

- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest grated
- 16 ounce cream sour reduced-fat
- 1 cup powdered sugar
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

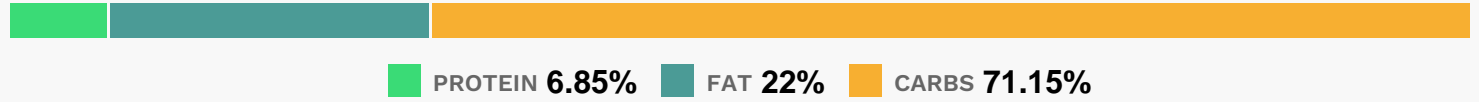
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 35
- To prepare cake, coat a 12-cup Bundt pan with cooking spray; dust with 2 tablespoons granulated sugar. Set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- Place 1 3/4 cups granulated sugar, butter, and rind in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- Add eggs, 1 at a time, beating well after each addition (about 4 minutes total). Beat in vanilla and sour cream.
- Add flour mixture; beat at medium speed just until combined. Gently fold in blueberries. Spoon batter into prepared pan.

- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- To prepare glaze, combine powdered sugar and lemon juice, stirring well with a whisk.
- Drizzle over cooled cake.

Nutrition Facts



Properties

Glycemic Index:24.82, Glycemic Load:30.52, Inflammation Score:-3, Nutrition Score:6.437826073688%

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 Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 300kcal (15%), Fat: 7.45g (11.46%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 53.04g (19.29%), Sugar: 32.78g (36.43%), Cholesterol: 64.05mg (21.35%), Sodium: 175.48mg (7.63%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.22g (10.44%), Selenium: 13.07µg (18.67%), Vitamin B1: 0.21mg (14.14%), Folate: 54.59µg (13.65%), Vitamin B2: 0.22mg (13.22%), Manganese: 0.23mg (11.54%), Phosphorus: 82.28mg (8.23%), Iron: 1.46mg (8.13%), Vitamin B3: 1.52mg (7.62%), Calcium: 75.57mg (7.56%), Vitamin A: 259.47IU (5.19%), Fiber: 1.14g (4.56%), Vitamin C: 3.62mg (4.39%), Vitamin B12: 0.24µg (3.94%), Vitamin K: 4.07µg (3.88%), Potassium: 122.42mg (3.5%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.33mg (3.28%), Copper: 0.06mg (3.08%), Vitamin E: 0.42mg (2.82%), Magnesium: 11.12mg (2.78%), Vitamin B6: 0.05mg (2.46%), Vitamin D: 0.31µg (2.04%)