

Lemon Blueberry Coffee Cake

 Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.3 cups baking mix
- 1 cup blueberries fresh
- 0.8 cup powdered sugar
- 1 eggs lightly beaten
- 4 teaspoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.7 cup milk
- 0.3 cup sugar

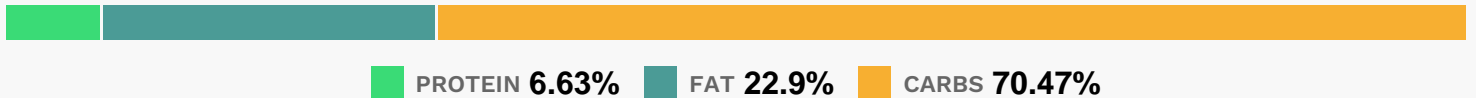
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a bowl, combine the egg, sugar, lemon peel and milk; mix well. Stir in the biscuit mix just until moistened. Fold in blueberries.
- Pour into a greased 9-in. round baking pan.
- Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. cool for 10 minutes before removing from pan to a wire rack.
- Combine the confectioners' sugar and lemon juice until smooth; drizzle over warm cake.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:6.29, Inflammation Score:-2, Nutrition Score:5.6073913107748%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg

0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 223.62kcal (11.18%), Fat: 5.75g (8.84%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 38.75g (14.09%), Sugar: 23.26g (25.84%), Cholesterol: 20.96mg (6.99%), Sodium: 397.08mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Phosphorus: 205.61mg (20.56%), Vitamin B1: 0.19mg (12.76%), Vitamin B2: 0.19mg (11.11%), Folate: 41.26µg (10.31%), Calcium: 80.26mg (8.03%), Manganese: 0.16mg (8.02%), Vitamin B3: 1.46mg (7.28%), Selenium: 4.22µg (6.03%), Iron: 0.98mg (5.42%), Vitamin K: 5.19µg (4.95%), Vitamin B5: 0.43mg (4.32%), Vitamin B12: 0.26µg (4.3%), Fiber: 1.05g (4.22%), Vitamin C: 2.83mg (3.43%), Copper: 0.06mg (3.05%), Magnesium: 11.41mg (2.85%), Potassium: 98.41mg (2.81%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.35mg (2.31%), Vitamin D: 0.3µg (1.98%), Vitamin A: 66IU (1.32%), Vitamin E: 0.2mg (1.31%)