



Lemon-Blueberry Snack Cake

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 pint blueberries
- ☐ 0.5 cup buttermilk at room temperature
- ☐ 2 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 pinch salt

- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract

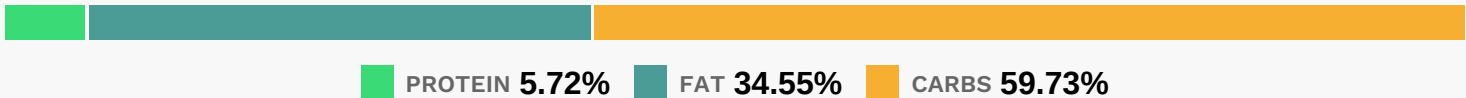
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375F. Mist an 8-inch square baking pan with cooking spray. Sift flour, baking powder and salt together into a medium bowl.
- ☐ In a bowl, using an electric mixer on medium-high speed, beat butter, sugar and zest until light, about 4 minutes.
- ☐ Add eggs one at a time, scraping down sides of bowl as needed. In another bowl, mix buttermilk and vanilla. Beat a third of flour mixture into butter mixture until nearly combined, then beat in half of buttermilk mixture. Repeat, ending with last third of flour mixture; beat until just combined. Stir in lemon juice.
- ☐ Spread batter evenly in prepared pan and sprinkle blueberries on top, pressing down lightly.
- ☐ Bake until a toothpick inserted into center of cake comes out clean, 50 to 55 minutes.
- ☐ Let cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.54, Glycemic Load:17.96, Inflammation Score:-3, Nutrition Score:4.32782610603%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 9.95mg, Petunidin: 9.95mg, Petunidin: 9.95mg, Petunidin: 9.95mg Delphinidin: 11.18mg, Delphinidin: 11.18mg, Delphinidin: 11.18mg, Delphinidin: 11.18mg Malvidin: 21.32mg, Malvidin: 21.32mg, Malvidin: 21.32mg, Malvidin: 21.32mg Peonidin: 6.4mg, Peonidin: 6.4mg, Peonidin: 6.4mg, Peonidin: 6.4mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 184.23kcal (9.21%), Fat: 7.23g (11.12%), Saturated Fat: 4.22g (26.41%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.97g (9.81%), Sugar: 16.98g (18.86%), Cholesterol: 41.73mg (13.91%), Sodium: 64.43mg (2.8%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 2.69g (5.39%), Manganese: 0.19mg (9.75%), Selenium: 6.77µg (9.67%), Vitamin B1: 0.12mg (7.81%), Vitamin B2: 0.12mg (7.34%), Folate: 28.78µg (7.19%), Vitamin K: 6.69µg (6.37%), Vitamin A: 253.09IU (5.06%), Phosphorus: 47.99mg (4.8%), Vitamin C: 3.96mg (4.8%), Iron: 0.84mg (4.69%), Fiber: 1.14g (4.56%), Vitamin B3: 0.89mg (4.44%), Calcium: 42.76mg (4.28%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.24mg (2.37%), Vitamin D: 0.35µg (2.33%), Copper: 0.05mg (2.28%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.11µg (1.81%), Potassium: 61.87mg (1.77%), Zinc: 0.26mg (1.76%), Magnesium: 6.65mg (1.66%)