



WHATSheATE



Luscious Lemon-Blueberry Coffee Cake



Vegetarian

READY IN



70 min.

SERVINGS



9

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 teaspoon salt
- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 3 tablespoons canola oil
- ☐ 2 teaspoons lemon zest grated

- ☐ 2 tablespoons juice of lemon
- ☐ 1 eggs
- ☐ 1.5 cups blueberries fresh thawed drained (and)
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons milk
- ☐ 0.3 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F. Spray or grease 9-inch springform pan or 9-inch square pan.
- ☐ In medium bowl, stir together flour, sugar, baking powder, soda and salt. In large bowl, beat yogurt, oil, lemon peel, lemon juice and egg with whisk. Stir flour mixture into yogurt mixture just until blended. Fold in blueberries.
- ☐ Spread batter in pan.
- ☐ Sprinkle with almonds.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove side of springform pan.
- ☐ In small bowl, mix glaze ingredients until smooth and thin enough to drizzle.
- ☐ Drizzle over warm cake.

Nutrition Facts



 **PROTEIN 7.85%**  **FAT 19.49%**  **CARBS 72.66%**

Properties

Glycemic Index:36.12, Glycemic Load:36.04, Inflammation Score:-4, Nutrition Score:9.1700000089148%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg 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: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 337.32kcal (16.87%), Fat: 7.42g (11.41%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 60.2g (21.89%), Sugar: 33.68g (37.42%), Cholesterol: 18.86mg (6.29%), Sodium: 392.23mg (17.05%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 6.72g (13.44%), Selenium: 14.62µg (20.88%), Vitamin B1: 0.31mg (20.36%), Manganese: 0.4mg (20.13%), Vitamin B2: 0.31mg (18.5%), Folate: 72.81µg (18.2%), Vitamin E: 1.91mg (12.72%), Phosphorus: 120.46mg (12.05%), Vitamin B3: 2.32mg (11.6%), Iron: 1.99mg (11.05%), Calcium: 101.46mg (10.15%), Fiber: 2.01g (8.05%), Vitamin K: 8.26µg (7.87%), Magnesium: 24.62mg (6.15%), Copper: 0.11mg (5.5%), Vitamin C: 4.5mg (5.46%), Zinc: 0.73mg (4.85%), Potassium: 163.97mg (4.68%), Vitamin B5: 0.46mg (4.58%), Vitamin B12: 0.22µg (3.59%), Vitamin B6: 0.06mg (2.93%)