



Luscious Lemon-Blueberry Coffee Cake

 Vegetarian

READY IN



70 min.

SERVINGS



9

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups blueberries fresh thawed drained (and)
- 3 tablespoons canola oil
- 1 eggs
- 2.5 cups flour all-purpose
- 1 cup granulated sugar

- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 2 teaspoons milk
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.5 cup powdered sugar
- 0.8 teaspoon salt
- 0.3 teaspoon vanilla

Equipment

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

Directions

- Heat oven to 375F. 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

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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%)