



Maine Blueberry Cake

 Vegetarian

READY IN



102 min.

SERVINGS



9

CALORIES



246 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups blueberries fresh
- 2 tablespoons canola oil
- 1 large eggs
- 1 large egg white
- 0.3 cup flour all-purpose
- 1.3 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.3 cup milk 2% reduced-fat
- 0.5 teaspoon salt
- 1 cup sugar divided
- 2 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract

Equipment


- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Coat a 9-inch square metal baking pan with cooking spray.
- Combine 2 tablespoons sugar and cinnamon in a small bowl.
- Combine butter and next 6 ingredients (through egg white) in a medium bowl, stirring with a whisk until blended. Gradually add 1 cup sugar, stirring with a whisk until blended. Stir in milk.
- Weigh or lightly spoon 1 1/4 cups flour into dry measuring cups; level with a knife.
- Combine 1 1/4 cups flour, baking powder, and salt in a large bowl, stirring with a whisk.
- Add milk mixture to flour mixture, stirring just until moist. Toss blueberries in 1/4 cup flour; fold into milk-flour mixture. Spoon batter into prepared pan.
- Sprinkle cinnamon-sugar mixture over top of batter.

Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.

Nutrition Facts

 PROTEIN **6.1%**  FAT **24.16%**  CARBS **69.74%**

Properties

Glycemic Index:39.68, Glycemic Load:28.72, Inflammation Score:-3, Nutrition Score:5.7082609404688%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 246.4kcal (12.32%), Fat: 6.73g (10.35%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 42.22g (15.35%), Sugar: 26.08g (28.98%), Cholesterol: 28.05mg (9.35%), Sodium: 195.77mg (8.51%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Protein: 3.82g (7.65%), Manganese: 0.3mg (14.85%), Selenium: 9.93µg (14.18%), Vitamin B1: 0.18mg (12.13%), Folate: 43.53µg (10.88%), Vitamin B2: 0.18mg (10.59%), Vitamin K: 8.95µg (8.52%), Vitamin B3: 1.39mg (6.95%), Iron: 1.24mg (6.9%), Fiber: 1.48g (5.94%), Vitamin E: 0.88mg (5.89%), Phosphorus: 56.75mg (5.67%), Calcium: 48.58mg (4.86%), Vitamin C: 3.57mg (4.33%), Copper: 0.06mg (2.88%), Vitamin A: 135.17IU (2.7%), Vitamin B5: 0.26mg (2.61%), Magnesium: 9.01mg (2.25%), Potassium: 77.17mg (2.2%), Zinc: 0.32mg (2.16%), Vitamin B6: 0.04mg (2.01%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.16µg (1.05%)