



Melt In Your Mouth Blueberry Cake

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups blueberries fresh
- ☐ 0.5 cup butter
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon sugar white

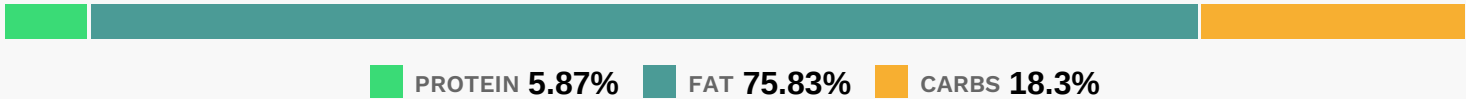
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square pan.
- ☐ Cream butter or margarine and 1/2 cup sugar until fluffy.
- ☐ Add salt and vanilla. Separate eggs and reserve the whites.
- ☐ Add egg yolks to the sugar mixture; beat until creamy.
- ☐ Combine 1 1/2 cups flour and baking powder; add alternately with milk to egg yolk mixture. Coat berries with 1 tablespoon flour and add to batter.
- ☐ In a separate bowl, beat whites until soft peaks form.
- ☐ Add 1/4 cup of sugar, 1 tablespoon at a time, and beat until stiff peaks form. Fold egg whites into batter.
- ☐ Pour into prepared pan.
- ☐ Sprinkle top with remaining 1 tablespoon sugar.
- ☐ Bake for 50 minutes, or until cake tests done.

Nutrition Facts



Properties

Glycemic Index:60.85, Glycemic Load:4.29, Inflammation Score:-4, Nutrition Score:4.3617391378983%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin:

13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 203.9kcal (10.19%), Fat: 17.52g (26.96%), Saturated Fat: 10.56g (66%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.59g (3.12%), Sugar: 6.54g (7.26%), Cholesterol: 107.1mg (35.7%), Sodium: 314.3mg (13.67%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 3.05g (6.11%), Vitamin A: 601.19IU (12.02%), Selenium: 6.28µg (8.97%), Vitamin K: 8.55µg (8.14%), Vitamin B2: 0.12mg (7.24%), Calcium: 71.39mg (7.14%), Manganese: 0.14mg (6.99%), Phosphorus: 63.57mg (6.36%), Vitamin E: 0.81mg (5.41%), Vitamin C: 3.59mg (4.35%), Vitamin B12: 0.23µg (3.86%), Fiber: 0.92g (3.69%), Folate: 14.23µg (3.56%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.47µg (3.15%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.05mg (2.51%), Iron: 0.41mg (2.3%), Potassium: 78.72mg (2.25%), Zinc: 0.28mg (1.89%), Magnesium: 6.16mg (1.54%), Copper: 0.03mg (1.54%), Vitamin B3: 0.27mg (1.33%)