



## Peach Blueberry Cake

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



231 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup blueberries ( )
- 1 large eggs
- 2 tablespoons flour all-purpose
- 1 tablespoon juice of lemon fresh
- 2 lb firm-ripe peaches pitted halved lengthwise cut lengthwise into fourths ( 4)
- 1 tablespoon quick-cooking tapioca
- 0.3 teaspoon salt

- 0.5 cup sugar
- 0.5 cup butter unsalted cold cut into 1/2-inch cubes
- 1 teaspoon vanilla

## Equipment

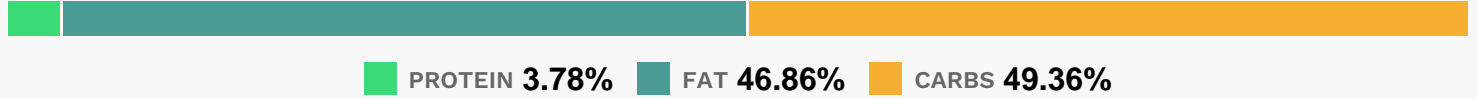
- food processor
- bowl
- frying pan
- oven
- knife
- plastic wrap
- aluminum foil
- springform pan

## Directions

- Pulse together flour, sugar, baking powder, and salt in a food processor until combined.
- Add butter and pulse just until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- Add egg and vanilla and pulse just until dough clumps and begins to form a ball, about 15 pulses.
- Press dough onto bottom and evenly (about 1/4 inch thick) all the way up side of springform pan with floured fingertips. Chill pastry in pan until firm, about 10 minutes.
- Put oven rack in middle position and preheat oven to 375°F.
- Grind 2 tablespoons sugar with flour and tapioca in grinder until tapioca is powdery, then transfer to a large bowl and stir in remaining 6 tablespoons sugar.
- Add peaches, blueberries, and lemon juice and gently toss to coat. Spoon filling into pastry and bake, loosely covered with a sheet of foil, until filling is bubbling in center and crust is golden, about 1 3/4 hours.
- Transfer cake in pan to a rack and cool, uncovered, 20 minutes, then carefully remove side of pan.

- Cool cake to barely warm or room temperature, then cut into thick wedges with a sharp knife before serving.
- Pastry can be made and pressed into pan 1 day ahead and chilled, wrapped well in plastic wrap.
- Remove from the refrigerator 30 minutes before filling.

## Nutrition Facts



### Properties

Glycemic Index:39.67, Glycemic Load:14.71, Inflammation Score:-5, Nutrition Score:5.2739130465881%

### Flavonoids

Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 6.56mg, Catechin: 6.56mg, Catechin: 6.56mg, Catechin: 6.56mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Nutrients (% of daily need)

Calories: 231.1kcal (11.56%), Fat: 12.53g (19.28%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.5g (10%), Sugar: 23.98g (26.64%), Cholesterol: 53.75mg (17.92%), Sodium: 151.26mg (6.58%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 2.28g (4.55%), Vitamin A: 768.08IU (15.36%), Vitamin E: 1.33mg (8.88%), Fiber: 2.2g (8.81%), Vitamin C: 7.17mg (8.69%), Vitamin K: 7.99µg (7.61%), Manganese: 0.15mg (7.43%), Selenium: 5.17µg (7.39%), Phosphorus: 56.11mg (5.61%), Vitamin B3: 1.12mg (5.58%), Copper: 0.11mg (5.51%), Vitamin B2: 0.09mg (5.21%), Potassium: 169.66mg (4.85%), Calcium: 42.55mg (4.25%), Iron: 0.7mg (3.89%), Folate: 15.08µg (3.77%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.32mg (3.19%), Magnesium: 11.94mg (2.98%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.54%), Vitamin D: 0.34µg (2.25%), Vitamin B12: 0.08µg (1.33%)