



Peach Blueberry Cake



Vegetarian



Popular

READY IN



130 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted cold cut into 1/2-inch cubes
- ☐ 1 large eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar (can reduce to)

- ☐ 2 Tbsp flour all-purpose
- ☐ 1 Tbsp .3 oz. of pearl tapioca with tbsp of cornstarch) instant
- ☐ 2 lb peaches firm pitted ripe halved lengthwise cut lengthwise into four wedges (4)
- ☐ 1 cup blueberries ()
- ☐ 1 Tbsp juice of lemon

Equipment

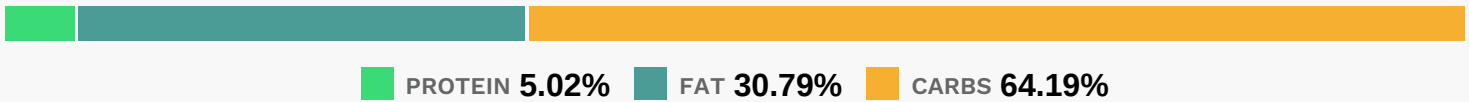
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Make the crust dough: Put flour, sugar, baking powder, and salt into a food processor and pulse until combined.
- ☐ Add the butter and pulse just a few times, until the pieces of butter are no bigger than a pea.
- ☐ Add the egg and vanilla extract and pulse several more times, until the dough begins to clump together and form a ball.
- ☐ Press dough into pan: Generously butter the inside of your springform pan.
- ☐ Place a round of parchment paper at the bottom of the pan and butter the top of the parchment as well.
- ☐ Press the dough evenly onto the bottom of the pan (about 1/4 inch thick), and about 2 inches up the sides of the pan.
- ☐ Put into the refrigerator to chill for at least 10 minutes.
- ☐ Prepare oven: Put oven rack in middle position and preheat oven to 375°F.

- ☐ Make the filling: Grind 2 tablespoons sugar with flour and tapioca in a spice grinder until tapioca is powdery. (If using cornstarch instead of instant tapioca, you do not need to grind.)
- ☐ Transfer to a large bowl and stir in remaining sugar.
- ☐ Add peaches, blueberries, and lemon juice and gently toss to coat.
- ☐ Bake: Fill pastry crust with peach and blueberry filling. Cover loosely with foil.
- ☐ Bake at 375°F until the filling is bubbly in the center and crust is golden, about 1 3/4 hours.
- ☐ Cool and remove from pan:
- ☐ Remove cake from oven and set on a rack to cool, uncovered for 20 minutes. Run a blunt knife around the inside edge of the pan to help release the crust from the sides of the pan. Then carefully remove the side of pan.
- ☐ Cool cake to barely warm or room temperature
- ☐ Cut into thick wedges before serving.
- ☐ Note that although the cake will come out of the oven somewhat liquidy. The liquid should gel nicely as the cake cools.

Nutrition Facts



Properties

Glycemic Index:57.8, Glycemic Load:36.37, Inflammation Score:-6, Nutrition Score:8.507826084676%

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

Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 364.54kcal (18.23%), Fat: 12.8g (19.7%), Saturated Fat: 7.55g (47.19%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 57.2g (20.8%), Sugar: 36.52g (40.57%), Cholesterol: 53.75mg (17.92%), Sodium: 151.85mg (6.6%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 4.7g (9.4%), Selenium: 13.19µg (18.85%), Vitamin B1: 0.24mg (15.77%), Manganese: 0.31mg (15.44%), Vitamin A: 768.08IU (15.36%), Folate: 57.97µg (14.49%), Vitamin B3: 2.5mg (12.5%), Vitamin B2: 0.21mg (12.16%), Fiber: 2.84g (11.34%), Iron: 1.79mg (9.97%), Vitamin E: 1.35mg (8.97%), Vitamin C: 7.17mg (8.69%), Phosphorus: 81.42mg (8.14%), Vitamin K: 8.06µg (7.68%), Copper: 0.14mg (7.24%), Potassium: 194.99mg (5.57%), Calcium: 46.19mg (4.62%), Magnesium: 17.09mg (4.27%), Vitamin B5: 0.42mg (4.21%), Zinc: 0.57mg (3.77%), Vitamin B6: 0.06mg (3.06%), Vitamin D: 0.34µg (2.25%), Vitamin B12: 0.08µg (1.33%)