



Sour Cream Blueberry Coffee Cake

 Vegetarian

READY IN



95 min.

SERVINGS



15

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 1.5 cups brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup pecans chopped

- ☐ 0.1 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Combine 2 cups flour, baking powder, and salt in a bowl. Beat white sugar and 1 cup butter with an electric mixer in another bowl until light and fluffy; beat in eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Stir in sour cream and vanilla extract.
- ☐ Mix flour mixture into butter mixture until just blended; spread half the batter into prepared baking dish.
- ☐ Mix brown sugar, 1 cup flour, melted butter, and cinnamon in a bowl until mixture resembles a coarse crumble.
- ☐ Sprinkle half the crumbles and half the blueberries over batter in baking dish.
- ☐ Spread remaining half of batter over blueberries and top remaining crumbles, blueberries, and pecans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:24.28, Inflammation Score:-3, Nutrition Score:5.3186956903209%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 338.07kcal (16.9%), Fat: 11.27g (17.34%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 57.89g (21.05%), Sugar: 50.8g (56.44%), Cholesterol: 36.89mg (12.3%), Sodium: 85.56mg (3.72%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 2.85g (5.69%), Manganese: 0.52mg (25.78%), Selenium: 5.95µg (8.5%), Vitamin B1: 0.13mg (8.42%), Vitamin B2: 0.12mg (6.91%), Copper: 0.13mg (6.53%), Calcium: 63.86mg (6.39%), Phosphorus: 62.34mg (6.23%), Fiber: 1.54g (6.15%), Folate: 22.03µg (5.51%), Iron: 0.96mg (5.34%), Vitamin K: 4.61µg (4.39%), Vitamin A: 212.69IU (4.25%), Magnesium: 16.33mg (4.08%), Zinc: 0.56mg (3.75%), Vitamin B3: 0.71mg (3.54%), Potassium: 113.04mg (3.23%), Vitamin B5: 0.3mg (2.98%), Vitamin B6: 0.05mg (2.75%), Vitamin E: 0.41mg (2.73%), Vitamin C: 2.14mg (2.6%), Vitamin B12: 0.09µg (1.49%)