



## Yummy Blueberry Breakfast Cake

READY IN



80 min.

SERVINGS



10

CALORIES



197 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup blueberries fresh
- 21 ounce blueberry filling canned
- 3 tablespoons butter melted
- 1 eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon lemon extract
- 0.5 cup milk

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

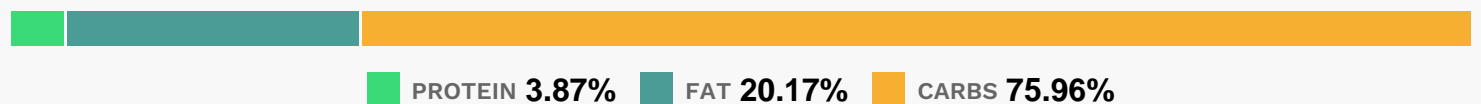
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9-inch baking pan.
- Mix 1 1/4 cups flour, 1/2 cup white sugar, baking powder, baking soda, and salt together in a bowl using a fork. Stir 1/2 cup butter, milk, egg, and vanilla extract into flour mixture until evenly combined.
- Pour batter into prepared pan.
- Combine 1/2 cup flour, 1/4 cup white sugar, and 3 tablespoons butter in a bowl using a fork until mixture resembles crumbs; sprinkle half the crumb mixture over the batter.
- Stir blueberry pie filling and lemon extract together in a bowl; spread over crumb topping.
- Sprinkle blueberries over pie filling; top with remaining crumb topping.
- Bake in the preheated oven until cake is golden brown, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:36.51, Glycemic Load:7.44, Inflammation Score:-2, Nutrition Score:3.550869555577%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg

Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 196.96kcal (9.85%), Fat: 4.42g (6.81%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 35.68g (12.97%), Sugar: 28.54g (31.71%), Cholesterol: 26.86mg (8.95%), Sodium: 173.18mg (7.53%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 1.91g (3.82%), Manganese: 0.19mg (9.3%), Fiber: 1.81g (7.22%), Calcium: 59.35mg (5.93%), Selenium: 4.02µg (5.74%), Vitamin B2: 0.09mg (5.43%), Iron: 0.9mg (5.01%), Vitamin B1: 0.07mg (4.86%), Phosphorus: 45.17mg (4.52%), Copper: 0.08mg (4.09%), Folate: 14.45µg (3.61%), Vitamin A: 163.58IU (3.27%), Vitamin K: 3.4µg (3.24%), Potassium: 104.16mg (2.98%), Magnesium: 9.78mg (2.45%), Vitamin B3: 0.46mg (2.29%), Vitamin E: 0.31mg (2.08%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.11µg (1.87%), Vitamin B6: 0.04mg (1.85%), Vitamin D: 0.22µg (1.48%), Zinc: 0.22mg (1.47%)