

Blueberry-Pecan Cake

This recipe is a great combination of vitamin-bursting blueberries and fiber-rich, crunchy pecans. Easy to make, it is delicious for dessert or also Sunday brunch. It remains moist and delectable from beginning to end. This cake satisfies your sweet tooth without all the calories, while providing you with health-protecting antioxidants.

Ingredients:

Cooking spray
2 teaspoons all-purpose flour
5 tablespoons butter
¾ cup granulated sugar
2 large eggs
2/3 cup low-fat buttermilk
2 teaspoons grated orange rind
1 teaspoon baking powder
½ teaspoon salt
1 ½ teaspoons vanilla extract
½ teaspoon almond extract
¼ teaspoon baking soda
1 ½ cups all-purpose flour
2 cups fresh (or frozen) blueberries
1/3 cup finely chopped pecans
2 tablespoons sifted powdered sugar

Preparation:

1. Preheat oven to 350°.
2. Coat a 9-inch round springform pan with cooking spray; dust the pan with 2 teaspoons flour.
3. Place butter in a large microwave-safe bowl. Cover and microwave at high 1 minute or until butter melts. Add granulated sugar, stirring with a whisk. Add eggs; stir well. Stir in buttermilk and next 6 ingredients (buttermilk through baking soda); stir well. Lightly spoon 1 ½ cups flour into dry measuring cups; level with a knife. Add flour to batter, stirring just until blended (do not overstir). Stir in blueberries and pecans. Spoon mixture into prepared pan, spreading evenly.
4. Bake at 350° for 45 minutes or until lightly browned and a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack. Sprinkle with powdered sugar. Cut into wedges.

Yield: 10 servings (serving size: 1 wedge)

Nutritional Information:

CALORIES 253 (36% from fat); FAT 10.1g (sat 4.3g,mono 3.8g,poly 1.3g); PROTEIN 4.5g;
CARBOHYDRATE 36.9g; FIBER 1.7g; CHOLESTEROL 59mg; SODIUM 287mg; IRON 1.3mg; CALCIUM 60mg;

Reproduced from "the Best of Cooking Light", 2004