



Apple-Blueberry Buckle

 Vegetarian

READY IN



70 min.

SERVINGS



15

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup butter cold
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 3 large granny smith apples peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Place apples in a large bowl and toss with 3/4 cup sugar, 2 tablespoons cinnamon, nutmeg, and lemon juice. Cover the bowl and place in refrigerator.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat softened butter and 3/4 cup white sugar together in a large bowl until creamy; beat in egg.
- ☐ Mix 2 cups flour, baking powder, and salt together in a small bowl. Stir flour mixture into butter mixture, alternating with milk, until fully incorporated. Fold in blueberries.
- ☐ Arrange apples in a single layer in the bottom of the prepared baking dish.
- ☐ Pour blueberry batter over apples.
- ☐ Mix 2/3 cup sugar, 1/2 cup flour, and 1 teaspoon cinnamon together in a bowl; cut in cold butter until mixture is crumbly.
- ☐ Sprinkle crumb topping over batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the buckle comes out clean, 40 to 45 minutes. Cool on a wire rack.

Nutrition Facts



 PROTEIN **4.06%**  FAT **32.1%**  CARBS **63.84%**

Properties

Glycemic Index:31.47, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:3.1108695838762%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4.01mg, Peonidin: 4.01mg, Peonidin: 4.01mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 130.82kcal (6.54%), Fat: 4.9g (7.53%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 20.15g (7.33%), Sugar: 15.98g (17.76%), Cholesterol: 22.73mg (7.58%), Sodium: 135.85mg (5.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Fiber: 1.76g (7.05%), Manganese: 0.14mg (6.97%), Vitamin C: 4.75mg (5.76%), Calcium: 50.5mg (5.05%), Vitamin K: 5.23µg (4.98%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 39.22mg (3.92%), Vitamin A: 190.47IU (3.81%), Selenium: 2.6µg (3.72%), Vitamin B1: 0.05mg (3.64%), Folate: 12.19µg (3.05%), Potassium: 88.23mg (2.52%), Iron: 0.43mg (2.42%), Vitamin E: 0.35mg (2.36%), Vitamin B6: 0.04mg (2.09%), Vitamin B3: 0.39mg (1.94%), Copper: 0.03mg (1.72%), Magnesium: 6.35mg (1.59%), Vitamin B5: 0.15mg (1.54%), Vitamin B12: 0.08µg (1.31%), Zinc: 0.16mg (1.08%)