



Berry Grunt

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups blackberries fresh
- 2 cups blueberries fresh
- 2 tablespoons butter melted
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon juice of lemon

- 0.5 cup milk 1% low-fat
- 2 cups raspberries fresh
- 0.3 teaspoon salt divided
- 0.5 cup sugar divided
- 1 tablespoon water

Equipment

- bowl
- frying pan
- knife
- measuring cup

Directions

- Combine 1 tablespoon sugar and cinnamon. Set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, 1/8 teaspoon salt, nutmeg, and 2 tablespoons sugar in a medium bowl.
- Combine milk and butter in a small bowl. Stir into flour mixture until moist; set batter aside.
- Place berries in an 11-inch straight-sided skillet. Gently stir in remaining 5 tablespoons sugar, remaining 1/8 teaspoon salt, lemon juice, and water. Cover and bring to a boil over medium-high heat, stirring occasionally.
- Drop 8 dollops of batter on top of berry mixture.
- Sprinkle dumplings and berries with cinnamon-sugar mixture. Cover, reduce heat to medium, and cook 8 minutes or until dumplings are cooked through and juices are bubbly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:56.64, Glycemic Load:20.09, Inflammation Score:-5, Nutrition Score:8.8782608405403%

Flavonoids

Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg 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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 3.69g (5.68%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 32.66g (11.88%), Sugar: 20.09g (22.32%), Cholesterol: 8.26mg (2.75%), Sodium: 155.52mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Manganese: 0.68mg (33.93%), Vitamin C: 19.74mg (23.93%), Fiber: 5.22g (20.88%), Vitamin K: 16.94µg (16.13%), Folate: 46.94µg (11.73%), Vitamin B1: 0.16mg (10.83%), Selenium: 5.96µg (8.52%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.51mg (7.55%), Iron: 1.33mg (7.39%), Calcium: 72.39mg (7.24%), Copper: 0.13mg (6.63%), Vitamin E: 0.99mg (6.61%), Phosphorus: 65.25mg (6.52%), Magnesium: 21.72mg (5.43%), Potassium: 175.91mg (5.03%), Vitamin A: 223.66IU (4.47%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.56mg (3.71%), Vitamin B6: 0.06mg (3.17%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.16µg (1.08%)