



Best Blueberry Buckle

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 cups blueberries fresh
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted softened

☐ 0.5 cup sugar white

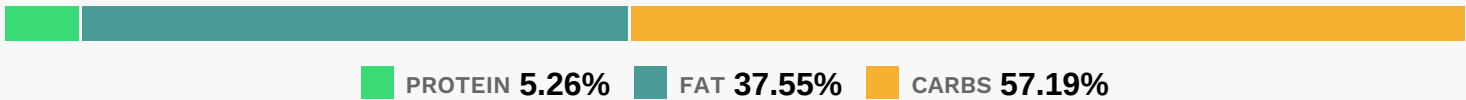
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter and flour a springform pan.
- ☐ Sift 2 cups flour, baking powder, and salt into a bowl.
- ☐ Beat 1/4 cup butter, 3/4 cup sugar, and egg with an electric mixer in a large bowl until smooth. Gradually add milk and beat until fluffy; stir in flour mixture, making a stiff batter. Gently fold in blueberries and spread batter into prepared springform pan.
- ☐ Mix 1/2 cup sugar, 1/3 cup flour, cinnamon, and 1/4 cup butter in a bowl until blended and crumbly in texture.
- ☐ Sprinkle on top of batter, then lightly press topping into batter using fingertips.
- ☐ Bake in preheated oven until golden and a toothpick inserted in the middle comes out with moist crumbs, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:40.01, Glycemic Load:14.37, Inflammation Score:-3, Nutrition Score:4.2691304787346%

Flavonoids

Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg Delphinidin: 16.39mg, Delphinidin: 16.39mg, Delphinidin: 16.39mg, Delphinidin: 16.39mg Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg Peonidin: 9.38mg, Peonidin: 9.38mg, Peonidin: 9.38mg, Peonidin: 9.38mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg

Catechin: 2.45mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 163.23kcal (8.16%), Fat: 7.08g (10.89%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 22.95g (8.35%), Sugar: 17.86g (19.84%), Cholesterol: 40.33mg (13.44%), Sodium: 267.5mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Manganese: 0.22mg (10.82%), Vitamin K: 9.54µg (9.09%), Calcium: 87.74mg (8.77%), Phosphorus: 62.65mg (6.26%), Selenium: 4.17µg (5.96%), Vitamin B2: 0.1mg (5.83%), Vitamin C: 4.49mg (5.44%), Fiber: 1.32g (5.28%), Vitamin A: 261.07IU (5.22%), Vitamin B1: 0.07mg (4.63%), Folate: 15.46µg (3.87%), Iron: 0.61mg (3.39%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.4µg (2.66%), Vitamin B3: 0.53mg (2.63%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.24mg (2.41%), Vitamin B6: 0.05mg (2.33%), Potassium: 75.41mg (2.15%), Copper: 0.04mg (2.06%), Zinc: 0.26mg (1.76%), Magnesium: 6.99mg (1.75%)