



Blueberry Bake

 Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

11

CALORIES

calories

87 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups blueberries fresh
- ☐ 0.5 cup lowfat buttermilk
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon

- ☐ 1 cup water
- ☐ 1 tablespoon sugar white
- ☐ 1 cup pastry flour whole wheat

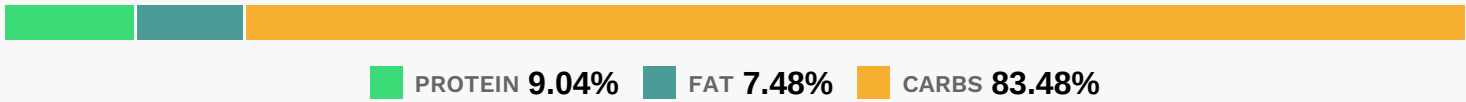
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ To Make Biscuit Topping: In a medium bowl combine flour, baking powder, baking soda, and 1 tablespoon sugar.
- ☐ Mix well then stir in buttermilk just until all ingredients are moistened and dough forms a ball. Set aside.
- ☐ To Make Berry Filling: In a large saucepan combine honey, 1 tablespoon sugar, cornstarch, cinnamon, water, and lemon juice.
- ☐ Mix until smooth, then add berries. Simmer over medium heat, stirring gently, until thickened (about 10 minutes). Spoon berry mixture into an 8x11 inch nonstick casserole dish.
- ☐ Drop biscuit dough onto berry mixture by tablespoonfuls.
- ☐ Bake in preheated oven for 20 minutes, or until biscuits are lightly browned.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:4.62, Inflammation Score:-3, Nutrition Score:5.0256521779558%

Flavonoids

Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg Petunidin: 12.73mg, Petunidin: 12.73mg, Petunidin: 12.73mg, Petunidin: 12.73mg Delphinidin: 14.3mg, Delphinidin: 14.3mg, Delphinidin: 14.3mg, Delphinidin: 14.3mg Malvidin: 27.28mg, Malvidin: 27.28mg, Malvidin: 27.28mg, Malvidin: 27.28mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 86.68kcal (4.33%), Fat: 0.78g (1.2%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 17.31g (6.3%), Sugar: 8.89g (9.88%), Cholesterol: 1.2mg (0.4%), Sodium: 101.72mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Manganese: 0.62mg (30.77%), Selenium: 7.25µg (10.36%), Fiber: 2.26g (9.02%), Vitamin K: 8.09µg (7.7%), Phosphorus: 61.61mg (6.16%), Vitamin C: 5mg (6.06%), Vitamin B1: 0.08mg (5.03%), Magnesium: 19.14mg (4.79%), Calcium: 42.93mg (4.29%), Copper: 0.08mg (3.84%), Vitamin B3: 0.73mg (3.64%), Vitamin B6: 0.07mg (3.59%), Iron: 0.59mg (3.26%), Vitamin B2: 0.06mg (3.26%), Zinc: 0.41mg (2.7%), Potassium: 91.1mg (2.6%), Vitamin E: 0.32mg (2.16%), Folate: 8.4µg (2.1%), Vitamin B5: 0.16mg (1.64%)