



Blueberry Bars

READY IN



45 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1.5 cups blueberries fresh
- ☐ 0.3 cup confectioners' sugar
- ☐ 6 tablespoons cream cheese softened
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 cup shortening

☐ 0.8 cup sugar white

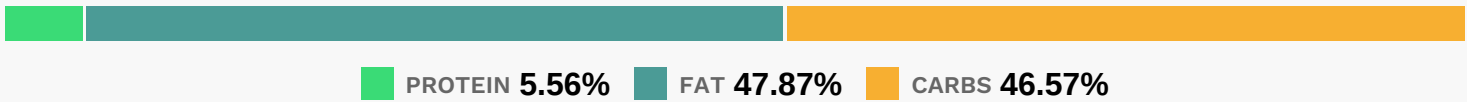
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking dish.
- ☐ To make the crust: Cream shortening, sugar, one egg, milk and almond extract in a large bowl.
- ☐ Mix in flour and baking powder, stirring constantly.
- ☐ Spread crust evenly in baking pan. Top with blueberries.
- ☐ To make the topping: In a medium bowl, beat two eggs, and cream cheese until smooth. Stir in powdered sugar and almond extract.
- ☐ Spread over blueberries.
- ☐ Bake 55 to 60 minutes, or until firm to the touch. Cool in pan before cutting.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:7.85, Inflammation Score:-1, Nutrition Score:2.1208695743395%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 115.71kcal (5.79%), Fat: 6.25g (9.62%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 13.32g (4.84%), Sugar: 9.14g (10.16%), Cholesterol: 24.53mg (8.18%), Sodium: 43.04mg (1.87%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.63g (3.27%), Selenium: 3.89µg (5.55%), Vitamin B2: 0.07mg (4.08%), Vitamin K: 4.18µg (3.98%), Manganese: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.34%), Folate: 13µg (3.25%), Phosphorus: 29.5mg (2.95%), Vitamin E: 0.41mg (2.72%), Calcium: 24.48mg (2.45%), Iron: 0.4mg (2.21%), Vitamin B5: 0.18mg (1.81%), Vitamin B3: 0.36mg (1.79%), Vitamin A: 88.87IU (1.78%), Fiber: 0.36g (1.45%), Vitamin B12: 0.08µg (1.25%), Vitamin C: 0.9mg (1.09%), Zinc: 0.16mg (1.03%), Vitamin B6: 0.02mg (1.03%)