

## Blueberry Buckle

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

### Ingredients

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

☐ 0.5 cup sugar white

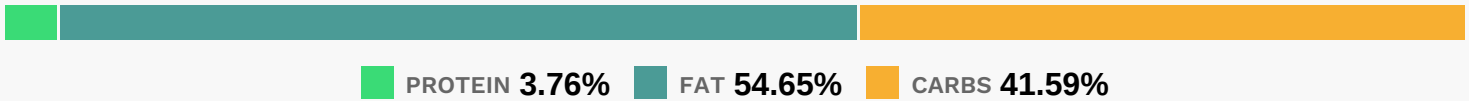
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease one 8x8 inch pan.
- ☐ Cream together 3/4 cup sugar, shortening, and egg.
- ☐ In a separate bowl mix together 2 cups flour, baking powder, and salt. Stir into sugar mixture, alternating with milk. Stir in blueberries.
- ☐ Pour into greased 8x8 inch pan.
- ☐ Combine 1/2 cup sugar, 1/3 cup flour, cinnamon, and butter.
- ☐ Sprinkle over cake batter.
- ☐ Bake at 375 degree F (190 degrees C) for 25–30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:13.92, Inflammation Score:-3, Nutrition Score:4.1056521768155%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,

Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 213.52kcal (10.68%), Fat: 13.39g (20.59%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 21.83g (7.94%), Sugar: 16.94g (18.82%), Cholesterol: 37.54mg (12.51%), Sodium: 311.43mg (13.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 11.16µg (10.63%), Manganese: 0.18mg (9.24%), Calcium: 86.83mg (8.68%), Phosphorus: 60.05mg (6.01%), Selenium: 3.93µg (5.62%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.41%), Vitamin A: 252.03IU (5.04%), Vitamin B1: 0.07mg (4.47%), Fiber: 1.1g (4.39%), Vitamin C: 3.59mg (4.36%), Folate: 14.56µg (3.64%), Iron: 0.58mg (3.2%), Vitamin B5: 0.26mg (2.62%), Vitamin B3: 0.49mg (2.43%), Vitamin B12: 0.14µg (2.39%), Vitamin B6: 0.04mg (2.03%), Potassium: 67.25mg (1.92%), Vitamin D: 0.28µg (1.85%), Copper: 0.03mg (1.71%), Zinc: 0.24mg (1.6%), Magnesium: 6.35mg (1.59%)