

## Blueberry Buckle

READY IN



65 min.

SERVINGS



9

CALORIES



190 kcal

DESSERT

### Ingredients

- 1.5 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

## Equipment

bowl

oven

baking pan

## Directions

In a medium bowl, cream shortening and sugar. Beat in egg.

Combine flour, baking powder and salt; add alternately with milk to creamed mixture.

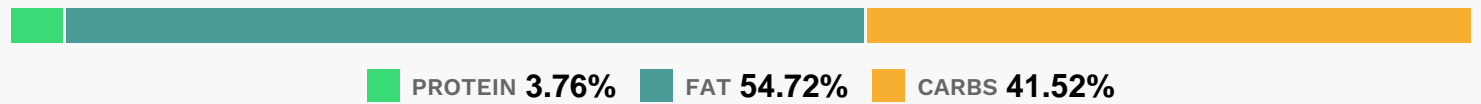
Pour into an ungreased 8-in. square baking pan. Arrange blueberries on top.

In another bowl, cream butter and sugar.

Combine flour and cinnamon; add gradually to creamed mixture. Crumble over blueberries.

Bake at 350° for 45–50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:41.12, Glycemic Load:12.32, Inflammation Score:-3, Nutrition Score:3.5643477906352%

## Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 189.68kcal (9.48%), Fat: 11.9g (18.3%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 19.34g (7.03%), Sugar: 15.05g (16.73%), Cholesterol: 33.37mg (11.12%), Sodium: 253.27mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 9.92µg (9.45%), Manganese: 0.16mg (8.21%), Calcium: 64.13mg (6.41%), Selenium: 3.5µg (4.99%), Vitamin E: 0.75mg (4.98%), Phosphorus: 48.51mg (4.85%), Vitamin B2: 0.08mg (4.81%), Vitamin A: 224.02IU (4.48%), Vitamin B1: 0.06mg (3.97%), Fiber: 0.97g (3.9%), Vitamin C: 3.19mg (3.87%), Folate: 12.94µg (3.23%), Iron: 0.49mg (2.71%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.43mg (2.16%), Vitamin B12: 0.13µg (2.12%), Vitamin B6: 0.04mg (1.81%), Potassium: 59.73mg (1.71%), Vitamin D: 0.25µg (1.65%), Copper: 0.03mg (1.52%), Zinc: 0.21mg (1.42%), Magnesium: 5.58mg (1.4%)