



Blueberry Buckle



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 260 g all purpose flour for dusting (plus 1-2 Tbsp of flour the blueberries)
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted softened ()
- ☐ 150 g sugar
- ☐ 1 large eggs
- ☐ 120 ml milk
- ☐ 550 ml blueberries

- ☐ 57 g butter unsalted softened
- ☐ 100 g sugar
- ☐ 45 g all purpose flour
- ☐ 0.5 teaspoon cinnamon

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ stand mixer
- ☐ springform pan

Directions

- ☐ Preheat the oven to 375°F (190°C). Butter the inside of an 8-inch springform pan. Set aside.
- ☐ the 2 cups of flour, the baking powder and the salt in a medium bowl.
- ☐ Using a stand mixer (or by hand with a wooden spoon) beat together the butter and sugar until fluffy, about 3 minutes. Beat in the egg.
- ☐ Add the flour mixture in 3 parts, alternating with the milk. Toss the berries with the remaining 1 to 2 tablespoons of flour (to separate and scatter evenly throughout the batter) and fold in.
- ☐ Pour batter into the prepared pan. Set aside.
- ☐ ingredients (butter, sugar, flour, cinnamon) for topping with a fork (or by hand) to make crumbly mixture.
- ☐ Sprinkle this over the batter.
- ☐ for one hour, then test for doneness by gently inserting a fork. If it does not come out clean, give the cake another 5 to 10 minutes to bake.
- ☐ the cake has cooled, run a knife around the edges and lift the cake out of the pan.

Nutrition Facts



 PROTEIN 5.51%  FAT 28.9%  CARBS 65.59%

Properties

Glycemic Index:58.15, Glycemic Load:45.47, Inflammation Score:-5, Nutrition Score:9.0060869714488%

Flavonoids

Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg Petunidin: 13.56mg, Petunidin: 13.56mg, Petunidin: 13.56mg, Petunidin: 13.56mg Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg Malvidin: 29.07mg, Malvidin: 29.07mg, Malvidin: 29.07mg, Malvidin: 29.07mg Peonidin: 8.73mg, Peonidin: 8.73mg, Peonidin: 8.73mg, Peonidin: 8.73mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 404.61kcal (20.23%), Fat: 13.24g (20.37%), Saturated Fat: 7.86g (49.12%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 65.48g (23.81%), Sugar: 36.35g (40.39%), Cholesterol: 55.68mg (18.56%), Sodium: 269.18mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Selenium: 15.52µg (22.17%), Vitamin B1: 0.33mg (21.81%), Manganese: 0.43mg (21.55%), Folate: 75.72µg (18.93%), Vitamin B2: 0.27mg (15.69%), Vitamin B3: 2.46mg (12.3%), Iron: 2.14mg (11.88%), Phosphorus: 99.74mg (9.97%), Calcium: 94.65mg (9.47%), Vitamin K: 9.51µg (9.06%), Vitamin A: 437.73IU (8.75%), Fiber: 2.13g (8.52%), Vitamin C: 4.18mg (5.06%), Vitamin E: 0.67mg (4.49%), Copper: 0.09mg (4.46%), Vitamin B5: 0.39mg (3.9%), Magnesium: 14.21mg (3.55%), Vitamin D: 0.51µg (3.39%), Zinc: 0.5mg (3.32%), Potassium: 110.55mg (3.16%), Vitamin B6: 0.06mg (2.99%), Vitamin B12: 0.16µg (2.72%)