

# Blueberry Buckle II

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



84 kcal

DESSERT

## Ingredients

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

0.5 cup granulated sugar white

## Equipment

bowl

oven

baking pan

## Directions

Preheat oven to 375 degrees F (190 degrees C); lightly grease and flour a 9x13 inch baking dish.

In a large bowl, cream together 1/4 cup butter and 3/4 cup sugar. Beat in egg. Beat in milk.

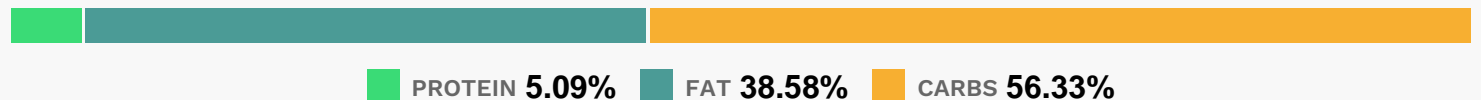
Combine 2 cups flour, baking powder, and salt, and stir into butter mixture. Finally, fold in blueberries and spread mixture into prepared baking dish.

In a small bowl combine 1/4 cup butter, 1/2 cup sugar, cinnamon and 1/3 cup flour.

Mix together until mixture resembles coarse crumbs, then sprinkle over blueberry mixture.

Bake 45 to 50 minutes, until topping is golden.

## Nutrition Facts



## Properties

Glycemic Index:24.67, Glycemic Load:7.42, Inflammation Score:-2, Nutrition Score:2.0434782634611%

## Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 83.67kcal (4.18%), Fat: 3.72g (5.73%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.03g (10.04%), Cholesterol: 20.02mg (6.67%), Sodium: 398.51mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Manganese: 0.1mg (4.96%), Calcium: 46.42mg (4.64%), Vitamin K: 4.14µg (3.94%), Phosphorus: 32.03mg (3.2%), Selenium: 2.1µg (3%), Vitamin B2: 0.05mg (2.88%), Vitamin A: 134.41IU (2.69%), Fiber: 0.59g (2.34%), Vitamin B1: 0.04mg (2.34%), Vitamin C: 1.92mg (2.32%), Folate: 7.76µg (1.94%), Iron: 0.31mg (1.7%), Vitamin E: 0.24mg (1.59%), Vitamin B3: 0.26mg (1.3%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.16%), Vitamin B6: 0.02mg (1.08%), Potassium: 35.91mg (1.03%)