

# Blueberry Crisp I

READY IN



85 min.

SERVINGS



4

CALORIES



428 kcal

DESSERT

## Ingredients

- ☐ 2 cups blueberries
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup milk
- ☐ 1 cup self-rising flour
- ☐ 1 cup water boiling
- ☐ 0.8 cup sugar white

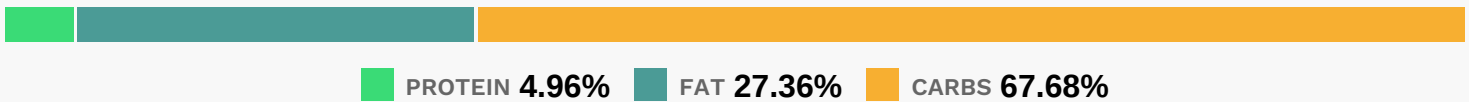
# Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place the blueberries into an 8x8 inch square baking dish. In a medium bowl, cream together the margarine and 3/4 cup sugar until smooth. Stir the flour into the creamed mixture alternately with the milk. Spoon batter over blueberries.
- ☐ Mix together the remaining 3/4 cup sugar with the cornstarch and nutmeg.
- ☐ Sprinkle over the top.
- ☐ Pour boiling water over the whole thing.
- ☐ Bake for 1 hour in the preheated oven. Cool for at least 10 minutes to set.
- ☐ Serve with whipped topping or vanilla ice cream.

# Nutrition Facts



# Properties

Glycemic Index:71.27, Glycemic Load:45.01, Inflammation Score:-6, Nutrition Score:6.9099999614384%

# Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg,

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Nutrients (% of daily need)

Calories: 427.95kcal (21.4%), Fat: 13.33g (20.5%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 74.18g (24.73%), Net Carbohydrates: 71.61g (26.04%), Sugar: 46.39g (51.55%), Cholesterol: 3.66mg (1.22%), Sodium: 150.28mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Manganese: 0.5mg (25.18%), Selenium: 13.34µg (19.06%), Vitamin K: 14.47µg (13.78%), Vitamin A: 597.61IU (11.95%), Fiber: 2.57g (10.28%), Vitamin C: 7.21mg (8.74%), Phosphorus: 73.79mg (7.38%), Vitamin E: 1mg (6.68%), Vitamin B2: 0.1mg (6.1%), Copper: 0.11mg (5.69%), Calcium: 53.32mg (5.33%), Vitamin B1: 0.07mg (4.75%), Magnesium: 17.22mg (4.3%), Potassium: 141.19mg (4.03%), Folate: 14.99µg (3.75%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.52mg (3.48%), Vitamin B3: 0.66mg (3.29%), Vitamin B12: 0.18µg (2.98%), Iron: 0.52mg (2.89%), Vitamin D: 0.34µg (2.24%)