



Blueberry Crumb Bars

 Dairy Free  Popular

READY IN



60 min.

SERVINGS



15

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 cups blueberries fresh
- 3 teaspoons cornstarch
- 1 eggs
- 3 cups flour all-purpose
- 1 cup shortening
- 0.5 cup sugar white

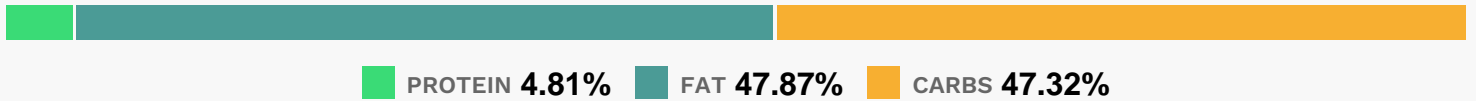
Equipment

- bowl
- frying pan
- oven
- pastry cutter

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch pan.
- In a medium bowl, stir together 1 cup sugar, 3 cups flour, and baking powder.
- Mix in salt and cinnamon, if desired. Use a fork or pastry cutter to blend in the shortening and egg. Dough will be crumbly. Pat half of dough into the prepared pan.
- In another bowl, stir together the sugar and cornstarch. Gently mix in the blueberries.
- Sprinkle the blueberry mixture evenly over the crust. Crumble remaining dough over the berry layer.
- Bake in preheated oven for 45 minutes, or until top is slightly brown. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:20.43, Inflammation Score:-3, Nutrition Score:5.8665217757225%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg Delphinidin: 13.98mg, Delphinidin: 13.98mg, Delphinidin: 13.98mg, Delphinidin: 13.98mg Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 265.84kcal (13.29%), Fat: 14.34g (22.07%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 30.27g (11.01%), Sugar: 10.66g (11.85%), Cholesterol: 10.91mg (3.64%), Sodium: 33.98mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Manganese: 0.3mg (15.22%), Vitamin B1: 0.21mg (14.32%), Vitamin K: 14.97µg (14.26%), Selenium: 9.47µg (13.52%), Folate: 49.5µg (12.37%), Vitamin B2: 0.15mg (9.08%), Vitamin B3: 1.64mg (8.22%), Iron: 1.37mg (7.59%), Vitamin E: 1.11mg (7.39%), Fiber: 1.63g (6.51%), Vitamin C: 3.83mg (4.64%), Phosphorus: 43.44mg (4.34%), Copper: 0.06mg (3.07%), Vitamin B5: 0.3mg (2.96%), Calcium: 23.64mg (2.36%), Magnesium: 8.3mg (2.08%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.83%), Potassium: 61.39mg (1.75%)