



Blueberry Crumb Bars with Lemon Cream Filling



Vegetarian



Popular

READY IN



45 min.

SERVINGS



9

CALORIES



493 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 1 cup brown sugar
- ☐ 1 large eggs separated ()
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest grated

- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 10.5 ounce condensed milk sweetened canned
- ☐ 0.8 cup butter unsalted melted ()
- ☐ 1 cup flour whole wheat

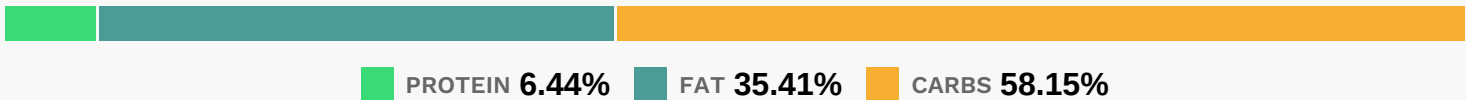
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the butter, flours, rolled oats, sugar, salt and baking powder in a large bowl until it forms crumbs.
- ☐ Set 1 cup of the mixture aside for the topping.
- ☐ Mix the egg white into the mixture.
- ☐ Press the mixture into the bottom of a greased 8 inch square baking pan.
- ☐ Bake in a preheated 350F oven for 10 minutes.
- ☐ Meanwhile mix the egg yolk into the sweetened condensed milk, lemon juice and zest and let it sit.
- ☐ Spread the blueberries out over the bottom crust and top with the lemon mixture.
- ☐ Bake until the lemon mixture forms a shiny skin, about 7–8 minutes.
- ☐ Sprinkle on the reserved crumbs.1
- ☐ Bake until the top is golden brown and the sides are bubbling, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:22.37, Inflammation Score:-6, Nutrition Score:12.780869535778%

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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 493.13kcal (24.66%), Fat: 19.93g (30.66%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 73.65g (24.55%), Net Carbohydrates: 70.11g (25.49%), Sugar: 45.37g (50.41%), Cholesterol: 72.58mg (24.19%), Sodium: 213.06mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Manganese: 1.1mg (54.78%), Selenium: 22.68µg (32.4%), Phosphorus: 209.12mg (20.91%), Vitamin B1: 0.26mg (17.62%), Vitamin B2: 0.29mg (16.98%), Calcium: 148.99mg (14.9%), Fiber: 3.55g (14.18%), Vitamin A: 610.51IU (12.21%), Magnesium: 48.08mg (12.02%), Folate: 44.59µg (11.15%), Iron: 1.97mg (10.94%), Vitamin B3: 1.83mg (9.17%), Potassium: 296.03mg (8.46%), Vitamin C: 6.96mg (8.44%), Zinc: 1.24mg (8.24%), Vitamin K: 8.36µg (7.96%), Copper: 0.15mg (7.68%), Vitamin B5: 0.68mg (6.79%), Vitamin B6: 0.13mg (6.34%), Vitamin E: 0.89mg (5.93%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.46µg (3.07%)