

Blueberry Delight

READY IN



45 min.

SERVINGS



8

CALORIES



880 kcal

SIDE DISH

Ingredients

- 21 ounce blueberry filling canned
- 0.8 cup butter
- 3 cups powdered sugar
- 16 ounce cream cheese
- 1.5 cups flour all-purpose
- 1 cup milk
- 1 cup pecans chopped
- 0.5 teaspoon vanilla extract
- 2.6 ounce non-dairy whipped topping

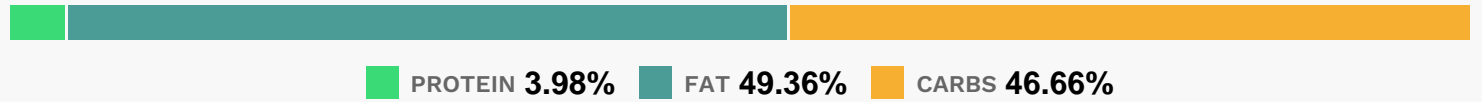
Equipment

- bowl
- frying pan
- oven
- mixing bowl
- hand mixer

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large mixing bowl, combine flour, butter, and pecans. Press mixture into a 9x13-inch pan.
- Bake for 30 minutes. Allow to cool.
- In a large bowl, combine cream cheese, confectioners sugar, vanilla, whipped topping mix and milk. Beat at high speed using an electric mixer until smooth.
- Pour over baked crust. Chill in refrigerator. Before serving, top with blueberry pie filling.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:14.39, Inflammation Score:-7, Nutrition Score:12.967826026937%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 879.9kcal (43.99%), Fat: 49.14g (75.59%), Saturated Fat: 24.88g (155.49%), Carbohydrates: 104.5g (34.83%), Net Carbohydrates: 100.63g (36.59%), Sugar: 78.56g (87.29%), Cholesterol: 106.86mg (35.62%), Sodium: 343.42mg (14.93%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 8.92g (17.84%), Manganese: 0.94mg

(47.14%), Vitamin A: 1373.52IU (27.47%), Vitamin B1: 0.32mg (21.61%), Selenium: 14.92µg (21.31%), Vitamin B2: 0.36mg (20.92%), Phosphorus: 175.4mg (17.54%), Fiber: 3.88g (15.5%), Copper: 0.3mg (14.77%), Calcium: 137.79mg (13.78%), Folate: 52.65µg (13.16%), Iron: 2.13mg (11.84%), Magnesium: 38.95mg (9.74%), Vitamin E: 1.42mg (9.46%), Zinc: 1.3mg (8.65%), Potassium: 302.8mg (8.65%), Vitamin B3: 1.71mg (8.57%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 6.52µg (6.21%), Vitamin B12: 0.34µg (5.73%), Vitamin B6: 0.11mg (5.67%), Vitamin D: 0.34µg (2.24%)