

Blueberry Dessert Squares

 Dairy Free

READY IN



55 min.

SERVINGS



9

CALORIES



322 kcal

DESSERT

Ingredients

- 2.5 cups blueberries fresh
- 1 cup brown sugar packed
- 1 cup flour all-purpose
- 1 cup oats
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.3 cup sugar

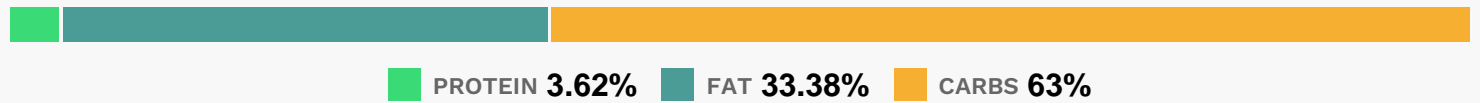
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine the flour, oats, brown sugar and salt.
- Cut in shortening until crumbly. Press half of the mixture into a greased 9-in. square baking dish.
- Bake at 350° for 10 minutes or until brown around the edges.
- Combine the blueberries and sugar; sprinkle over crust. Top with remaining oat mixture; press down gently.
- Bake 35–40 minutes longer or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:16.98, Inflammation Score:-3, Nutrition Score:6.4821739378183%

Flavonoids

Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg Petunidin: 12.96mg, Petunidin: 12.96mg, Petunidin: 12.96mg, Petunidin: 12.96mg Delphinidin: 14.57mg, Delphinidin: 14.57mg, Delphinidin: 14.57mg, Delphinidin: 14.57mg Malvidin: 27.79mg, Malvidin: 27.79mg, Malvidin: 27.79mg, Malvidin: 27.79mg Peonidin: 8.34mg, Peonidin: 8.34mg, Peonidin: 8.34mg, Peonidin: 8.34mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 322.37kcal (16.12%), Fat: 12.3g (18.92%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 50.01g (18.18%), Sugar: 33.52g (37.24%), Cholesterol: 0mg (0%), Sodium: 137.51mg (5.98%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Manganese: 0.64mg (31.82%), Vitamin K: 14.32µg (13.64%), Vitamin B1: 0.18mg (11.68%), Selenium: 8.14µg (11.63%), Fiber: 2.21g (8.83%), Magnesium: 32.05mg (8.01%), Folate: 31.01µg (7.75%), Iron: 1.36mg (7.57%), Vitamin E: 1mg (6.69%), Phosphorus: 62.17mg (6.22%), Vitamin B2: 0.1mg (5.73%), Vitamin B3: 1.09mg (5.46%), Vitamin C: 3.99mg (4.83%), Copper: 0.09mg (4.44%), Potassium: 111.42mg (3.18%), Zinc: 0.46mg (3.06%), Calcium: 29.32mg (2.93%), Vitamin B5: 0.29mg (2.85%), Vitamin B6: 0.05mg (2.33%)