



Blueberry Dump Cake

 Popular

READY IN



45 min.

SERVINGS



15

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

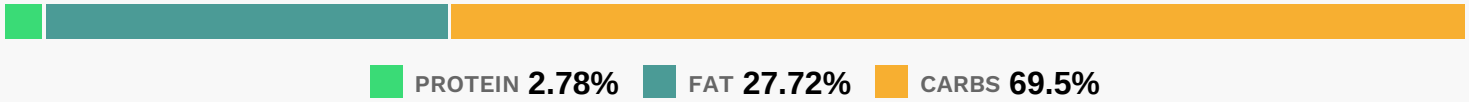
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix berries, sugar, and cinnamon in the bottom of a 9 x 13 inch pan. Cover berries with dry cake mix.
- ☐ Pour butter over cake mix, do not stir.
- ☐ Bake for 30 minutes, or until light brown.
- ☐ Serve warm or cold. top with ice cream.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:6.57, Inflammation Score:-3, Nutrition Score:4.3400000256041%

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 Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 229.68kcal (11.48%), Fat: 7.25g (11.15%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 39.47g (14.35%), Sugar: 25.52g (28.36%), Cholesterol: 16.27mg (5.42%), Sodium: 300.23mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Phosphorus: 113.56mg (11.36%), Manganese: 0.22mg (11.1%), Vitamin K: 9.19µg (8.75%), Calcium: 78.36mg (7.84%), Folate: 26.06µg (6.51%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.1mg (5.87%), Fiber: 1.43g (5.73%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.72mg (4.81%), Iron: 0.84mg (4.69%), Vitamin C: 3.83mg (4.65%), Vitamin A: 210.8IU (4.22%), Copper: 0.05mg (2.41%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.18mg (1.83%), Selenium: 1.19µg (1.71%), Magnesium: 6.05mg (1.51%), Potassium: 49.12mg (1.4%), Zinc: 0.17mg (1.11%)