



Blueberry Grunt

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 4 cups blueberries rinsed drained
- 3 tablespoons butter cold cut into chunks
- 1.5 cups flour all-purpose
- 0.1 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 3 tablespoons juice of lemon
- 2 teaspoons lemon zest grated

- 0.8 cup milk
- 0.3 cup blackstrap molasses light
- 0.3 teaspoon salt
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- blender
- skewers

Directions

- In a 10- to 12-inch frying pan over medium heat, frequently stir blueberries, 1/3 cup sugar, molasses, lemon peel, lemon juice, nutmeg, cloves, and 1/2 cup water until the mixture comes to a boil. Reduce heat and simmer gently until the berries have released their juices and the flavors are blended, about 10 minutes.
- Meanwhile, in a large bowl, mix flour, baking powder, salt, and the remaining 1 tablespoon sugar. With your fingers or a pastry blender, rub or cut the butter into the flour mixture until coarse crumbs form.
- Add the milk and stir just until mixture forms a soft dough (do not overmix).
- Drop 1/4-cup portions of the dough into the simmering fruit mixture. Cover the frying pan and simmer until a wooden skewer inserted in the center of the dumplings comes out clean, about 15 minutes. Spoon the warm dumplings and fruit equally into four bowls and drizzle the portions with cream if desired.

Nutrition Facts



PROTEIN 6.03% **FAT 19.82%** **CARBS 74.15%**

Properties

Glycemic Index:119.77, Glycemic Load:52.95, Inflammation Score:-8, Nutrition Score:18.160000065099%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 487.8kcal (24.39%), Fat: 11.09g (17.05%), Saturated Fat: 6.41g (40.04%), Carbohydrates: 93.3g (31.1%), Net Carbohydrates: 88.29g (32.11%), Sugar: 49.8g (55.34%), Cholesterol: 28.07mg (9.35%), Sodium: 452.99mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.19%), Manganese: 1.18mg (59.24%), Vitamin B1: 0.46mg (30.76%), Selenium: 20.89µg (29.84%), Vitamin K: 29.67µg (28.25%), Folate: 97.47µg (24.37%), Vitamin C: 20mg (24.25%), Calcium: 238.3mg (23.83%), Vitamin B2: 0.37mg (21.48%), Iron: 3.84mg (21.35%), Fiber: 5.01g (20.03%), Magnesium: 77.62mg (19.41%), Vitamin B3: 3.65mg (18.26%), Phosphorus: 168.81mg (16.88%), Potassium: 557.8mg (15.94%), Vitamin B6: 0.27mg (13.71%), Copper: 0.26mg (13.03%), Vitamin A: 417.83IU (8.36%), Vitamin E: 1.16mg (7.75%), Vitamin B5: 0.76mg (7.59%), Zinc: 0.84mg (5.58%), Vitamin B12: 0.26µg (4.41%), Vitamin D: 0.5µg (3.36%)