



Blueberry-Pineapple Buckle

READY IN



80 min.

SERVINGS



9

CALORIES



349 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup butter softened
- 0.3 cup shortening
- 0.5 cup milk
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon lemon zest grated
- 0.5 teaspoon vanilla
- 0.3 teaspoon salt

- 1 eggs
- 8 pineapple crushed drained for sauce canned
- 1 cup blueberries fresh
- 0.5 cup granulated sugar
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter softened
- 3 tablespoons brown sugar packed
- 1 teaspoon cornstarch
- 1 pineapple crushed
- 0.3 teaspoon juice of lemon

Equipment

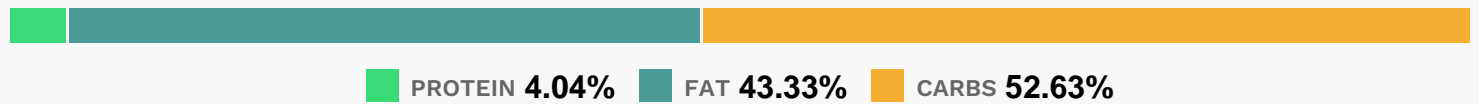
- bowl
- frying pan
- sauce pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350°F. In large bowl, mix all filling ingredients except pineapple and blueberries with spoon until well blended. Fold in pineapple and blueberries.
- Spread in ungreased 8-inch square pan.
- In small bowl, mix all topping ingredients except butter.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles resemble fine crumbs.
- Sprinkle over blueberry mixture.

- Bake 45 to 50 minutes or until golden brown and toothpick inserted in center comes out clean.
- Meanwhile, in 1-quart saucepan, mix brown sugar and cornstarch.
- Add enough water to reserved pineapple juice to measure 2/3 cup; stir into brown sugar mixture. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute; remove from heat. Stir in lemon juice.
- Serve over warm dessert.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:28.86, Inflammation Score:-5, Nutrition Score:5.8039130076118%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 349.16kcal (17.46%), Fat: 17.09g (26.29%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 45.62g (16.59%), Sugar: 28.61g (31.79%), Cholesterol: 19.81mg (6.6%), Sodium: 268.53mg (11.68%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 3.59g (7.17%), Selenium: 9.43µg (13.47%), Vitamin B1: 0.19mg (12.79%), Manganese: 0.23mg (11.54%), Folate: 43.81µg (10.95%), Vitamin A: 509.29IU (10.19%), Vitamin B2: 0.17mg (9.76%), Calcium: 71.9mg (7.19%), Iron: 1.28mg (7.14%), Vitamin B3: 1.4mg (6.99%), Phosphorus: 66.98mg (6.7%), Vitamin E: 0.91mg (6.06%), Vitamin K: 6.37µg (6.06%), Fiber: 1.09g (4.35%), Vitamin B5: 0.3mg (2.98%), Copper: 0.05mg (2.51%), Vitamin C: 2.06mg (2.5%), Magnesium: 9.25mg (2.31%), Potassium: 77.03mg (2.2%), Vitamin B12: 0.13µg (2.16%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (1.95%), Vitamin D: 0.25µg (1.65%)