



Blueberry Pound Cake Crisp

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 6 blueberries
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 round cake plain cut into 1-inch cubes (12 ounces)
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted melted

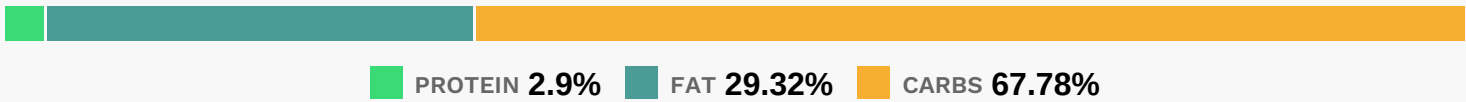
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Make the filling: In a bowl, toss the blueberries with the lemon juice, sugar and cornstarch and let stand for 10 minutes.
- ☐ Meanwhile, Make the topping: Preheat the oven to 37
- ☐ Spread the pound cake cubes on a baking sheet and toast in the oven for 10 minutes.
- ☐ Let cool, then toss the cubes with the butter, sugar and lemon zest.
- ☐ Spread the filling in a 9-by-13-inch baking dish. Arrange the pound cake cubes on top. Cover the dish lightly with foil and bake in the center of the oven for 30 minutes, until the fruit is beginning to bubble.
- ☐ Remove the foil and bake for 20 minutes longer, until the fruit is bubbling and the topping is golden and crisp.
- ☐ Let cool for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:17.5, Inflammation Score:-2, Nutrition Score:3.0295651969702%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg,
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg,
Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 9.62g (14.8%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 50.05g (16.68%), Net
Carbohydrates: 49.78g (18.1%), Sugar: 38.92g (43.25%), Cholesterol: 60.83mg (20.27%), Sodium: 235.27mg
(10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin B2: 0.11mg (6.49%), Vitamin A:
321.02IU (6.42%), Vitamin B1: 0.09mg (6.2%), Iron: 1.05mg (5.84%), Phosphorus: 54.6mg (5.46%), Selenium: 3.73µg
(5.33%), Folate: 18.78µg (4.7%), Manganese: 0.09mg (4.25%), Vitamin B3: 0.74mg (3.68%), Calcium: 29.68mg
(2.97%), Vitamin E: 0.35mg (2.3%), Vitamin C: 1.87mg (2.26%), Vitamin B5: 0.2mg (1.98%), Vitamin B12: 0.11µg (1.8%),
Vitamin D: 0.23µg (1.55%), Copper: 0.03mg (1.45%), Zinc: 0.21mg (1.39%), Potassium: 45.22mg (1.29%), Magnesium:
4.72mg (1.18%), Vitamin B6: 0.02mg (1.12%), Fiber: 0.27g (1.07%)