



Blueberry Ricotta Squares

READY IN



70 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1.5 cups blueberries
- ☐ 1 eggs
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.3 cup milk
- ☐ 1.3 cups ricotta cheese
- ☐ 0.3 cup shortening

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

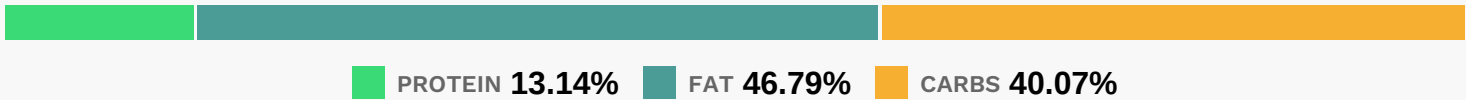
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking dish.
- ☐ In a large bowl, stir together the flour, 3/4 cup of sugar, and baking powder.
- ☐ Add the milk, shortening, 1 egg, and lemon extract, and use an electric mixer to mix on low speed for 1 minute, then on medium speed for 1 minute.
- ☐ Pour the batter into the prepared pan, and spread evenly.
- ☐ Sprinkle blueberries over the batter.
- ☐ In a medium bowl, stir together 2 beaten eggs, ricotta cheese, 1/3 cup of sugar, and vanilla extract. Spoon this mixture over the blueberries, and spread evenly.
- ☐ Bake for 55 to 60 minutes in the preheated oven, until a knife inserted near the center comes out clean. Cool completely before cutting into squares and serving.

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:16.44, Inflammation Score:-4, Nutrition Score:7.4326087391895%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 259.22kcal (12.96%), Fat: 13.6g (20.93%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.12g (9.13%), Sugar: 11.79g (13.1%), Cholesterol: 82.36mg (27.45%), Sodium: 127.03mg (5.52%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 8.6g (17.19%), Selenium: 16.25µg (23.22%), Vitamin B2: 0.26mg (15.02%), Calcium: 142.85mg (14.29%), Phosphorus: 138.07mg (13.81%), Folate: 42.66µg (10.67%), Manganese: 0.21mg (10.39%), Vitamin B1: 0.15mg (10.1%), Vitamin K: 9.32µg (8.87%), Iron: 1.32mg (7.31%), Vitamin A: 292.99IU (5.86%), Zinc: 0.86mg (5.73%), Vitamin B12: 0.33µg (5.56%), Vitamin B3: 1.1mg (5.51%), Vitamin E: 0.78mg (5.21%), Vitamin B5: 0.52mg (5.2%), Fiber: 1.09g (4.36%), Vitamin B6: 0.07mg (3.62%), Vitamin D: 0.52µg (3.46%), Potassium: 117.27mg (3.35%), Vitamin C: 2.69mg (3.26%), Magnesium: 12.75mg (3.19%), Copper: 0.06mg (2.96%)