



Blueberry Shortbread Bars

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



8

CALORIES



251 kcal

DESSERT

Ingredients

- 0.3 teaspoon five-spice powder chinese
- 0.3 teaspoon double-acting baking powder
- 0.8 cup blueberries fresh
- 1 egg yolk
- 1.5 cups flour all-purpose sifted
- 0.5 teaspoon ice water
- 0.5 teaspoon salt
- 0.5 cup butter unsalted cold cut into small cubes

0.5 cup sugar white

Equipment

bowl

oven

whisk

baking pan

pastry cutter

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place butter cubes in the freezer for 15 minutes.

Whisk together flour, sugar, salt, and baking powder in a large bowl.

Sprinkle in Chinese five-spice powder.

Cut in frozen butter using a pastry cutter until the butter pieces are about the size of peas.

Mix in egg yolk and continue cutting in until thoroughly combined.

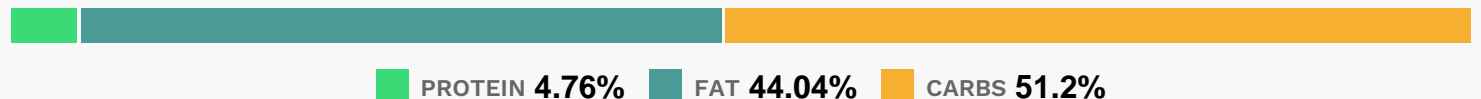
Drizzle in ice water and stir to combine. The dough should just come together when pinched between your fingers.

Pour about 3/4 of the crumb mixture into an ungreased 9x9-inch baking dish. Press the mixture down firmly using the back of a spoon.

Spread blueberries in one layer and sprinkle with remaining crumbly dough.

Bake in the preheated oven until the top is golden and sides are crisp and browned, 30 to 35 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:4.8530434577361%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 250.8kcal (12.54%), Fat: 12.44g (19.14%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 31.55g (11.47%), Sugar: 13.94g (15.49%), Cholesterol: 54.8mg (18.27%), Sodium: 162mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.19mg (12.95%), Folate: 47.45µg (11.86%), Manganese: 0.21mg (10.6%), Vitamin B2: 0.14mg (8.29%), Vitamin A: 394.87IU (7.9%), Vitamin B3: 1.45mg (7.26%), Iron: 1.26mg (6.99%), Phosphorus: 42.45mg (4.24%), Fiber: 0.98g (3.94%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.48mg (3.2%), Copper: 0.05mg (2.39%), Vitamin D: 0.33µg (2.23%), Vitamin B5: 0.2mg (2.04%), Calcium: 19.03mg (1.9%), Zinc: 0.26mg (1.73%), Vitamin C: 1.37mg (1.66%), Magnesium: 6.64mg (1.66%), Vitamin B6: 0.03mg (1.33%), Potassium: 43.73mg (1.25%), Vitamin B12: 0.07µg (1.13%)