

# Blueberry Squares

READY IN



35 min.

SERVINGS



9

CALORIES



309 kcal

SIDE DISH

## Ingredients

- 3 cups blueberries fresh divided
- 2 tablespoons butter melted
- 2 tablespoons powdered sugar
- 0.3 cup cornstarch
- 1 cup cup heavy whipping cream
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 1.5 cups marshmallows miniature
- 0.8 cup sugar

- 1 cup vanilla wafers crushed ( 30 wafers)
- 0.3 cup water cold

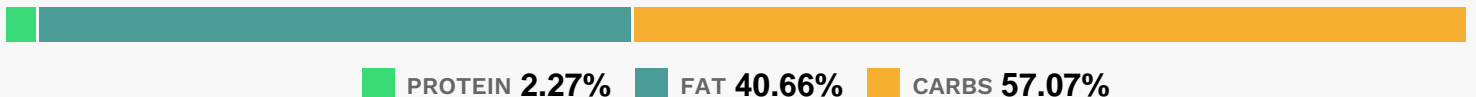
## Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- baking pan

## Directions

- Preheat oven to 350°. In a small bowl, combine wafers and butter. Press into a greased 8-in. square baking dish.
- Bake 8-10 minutes or until lightly browned. Cool on a wire rack.
- In a small saucepan, combine sugar and cornstarch. Gradually whisk in water until smooth. Stir in 1-1/2 cups blueberries. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in the lemon juice, peel and remaining blueberries. Cool completely.
- In a small bowl, beat cream until it begins to thicken.
- Add confectioners' sugar; beat until soft peaks form. Fold in marshmallows.
- Spread over crust. Top with blueberry mixture. Cover and refrigerate until set, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.07, Glycemic Load:24.87, Inflammation Score:-4, Nutrition Score:3.7739129973494%

## Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 309.14kcal (15.46%), Fat: 14.44g (22.22%), Saturated Fat: 8.4g (52.49%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 44.18g (16.07%), Sugar: 32.86g (36.51%), Cholesterol: 36.69mg (12.23%), Sodium: 84.35mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin K: 10.59µg (10.08%), Vitamin A: 493.53IU (9.87%), Vitamin C: 7.17mg (8.69%), Manganese: 0.17mg (8.5%), Vitamin B2: 0.1mg (6.1%), Fiber: 1.43g (5.74%), Vitamin B1: 0.08mg (5.1%), Vitamin E: 0.6mg (4.03%), Folate: 15.98µg (3.99%), Phosphorus: 28.69mg (2.87%), Vitamin D: 0.42µg (2.82%), Vitamin B3: 0.55mg (2.77%), Potassium: 80.52mg (2.3%), Calcium: 22.46mg (2.25%), Copper: 0.04mg (2.21%), Vitamin B6: 0.04mg (1.9%), Selenium: 1.23µg (1.76%), Vitamin B5: 0.14mg (1.4%), Magnesium: 5.55mg (1.39%), Iron: 0.22mg (1.2%), Zinc: 0.16mg (1.04%)