



Blueberry Yum Yum

READY IN



45 min.

SERVINGS



15

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.8 cup butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 cups pecans chopped
- ☐ 0.8 cup powdered sugar sifted
- ☐ 1.5 cups self-rising flour
- ☐ 1 cup sugar

- ☐ 1 cup water
- ☐ 12 ounce non-dairy whipped topping frozen thawed

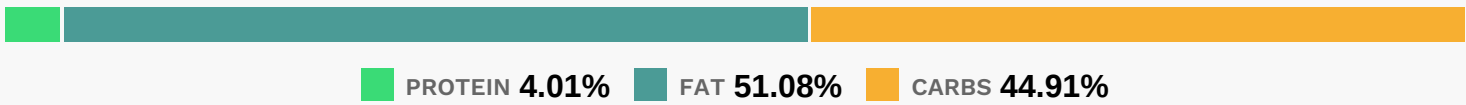
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Stir together first 4 ingredients with a fork until crumbly. Press into a lightly greased 13- x 9- inch pan.
- ☐ Bake at 375 for 15 minutes. Cool in pan on a wire rack.
- ☐ Beat whipped topping, cream cheese, and powdered sugar at medium speed with an electric mixer until smooth. Spoon over prepared crust. Cover and chill.
- ☐ Stir together sugar and cornstarch in a saucepan; whisk in 1 cup water until smooth. Stir in blueberries, and bring to a boil. Boil, stirring constantly, 2 minutes.
- ☐ Remove from heat; cool.
- ☐ Pour over cream cheese mixture. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:17.36, Inflammation Score:-5, Nutrition Score:6.8299999755362%

Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg Delphinidin: 14.78mg, Delphinidin: 14.78mg, Delphinidin: 14.78mg,

Delphinidin: 14.78mg Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 436.9kcal (21.85%), Fat: 25.54g (39.29%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 48.21g (17.53%), Sugar: 36.61g (40.68%), Cholesterol: 15.72mg (5.24%), Sodium: 174.72mg (7.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Manganese: 0.73mg (36.5%), Vitamin A: 653.5IU (13.07%), Selenium: 7.51µg (10.73%), Copper: 0.19mg (9.46%), Fiber: 2.31g (9.23%), Vitamin K: 9.08µg (8.65%), Phosphorus: 83.13mg (8.31%), Vitamin B1: 0.11mg (7.05%), Vitamin E: 1.02mg (6.82%), Vitamin B2: 0.1mg (5.94%), Magnesium: 22.84mg (5.71%), Calcium: 52.83mg (5.28%), Zinc: 0.77mg (5.12%), Vitamin C: 3.97mg (4.81%), Potassium: 145.4mg (4.15%), Iron: 0.61mg (3.38%), Vitamin B6: 0.07mg (3.25%), Vitamin B5: 0.3mg (3.03%), Folate: 11.12µg (2.78%), Vitamin B3: 0.46mg (2.32%), Vitamin B12: 0.09µg (1.5%)