

Cake-Topped Blueberry Dessert

READY IN



55 min.

SERVINGS



9

CALORIES



241 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 3 cups blueberries fresh
- 0.5 cup brown sugar packed
- 1 tablespoon butter
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 cup orange juice
- 1 teaspoon orange zest grated
- 0.3 teaspoon salt

- 3 tablespoons shortening
- 0.5 cup sugar

Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- In a saucepan, combine the blueberries, brown sugar and butter; cook for 5 minutes or until saucy.
- Pour into an 8-in. square baking dish coated with cooking spray. In a bowl, cream shortening and sugar. Beat in egg and orange peel.
- Combine the flour, baking powder and salt; add to the creamed mixture alternately with orange juice, beating just until combined.
- Drop batter by spoonfuls over blueberry mixture.
- Bake at 350° for 30–35 minutes or until a toothpick inserted near the center of cake comes out clean.
- Serve warm.

Nutrition Facts



PROTEIN 4.64% **FAT 23.19%** **CARBS 72.17%**

Properties

Glycemic Index:42.12, Glycemic Load:20.39, Inflammation Score:-3, Nutrition Score:5.7669565677643%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg 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: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 241.1kcal (12.06%), Fat: 6.38g (9.82%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 42.99g (15.63%), Sugar: 28.7g (31.88%), Cholesterol: 21.53mg (7.18%), Sodium: 156.85mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Manganese: 0.3mg (14.77%), Vitamin C: 9.68mg (11.73%), Vitamin K: 11.98µg (11.41%), Vitamin B1: 0.17mg (11.06%), Selenium: 7.68µg (10.97%), Folate: 40.02µg (10%), Vitamin B2: 0.13mg (7.88%), Fiber: 1.7g (6.78%), Iron: 1.22mg (6.77%), Vitamin B3: 1.29mg (6.44%), Calcium: 59.56mg (5.96%), Phosphorus: 51.43mg (5.14%), Vitamin E: 0.64mg (4.3%), Copper: 0.07mg (3.38%), Potassium: 99.15mg (2.83%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.54%), Magnesium: 9.74mg (2.43%), Vitamin A: 111.22IU (2.22%), Zinc: 0.28mg (1.83%)