



WHATSheATE



Cape Breton Blueberry Grunt

READY IN



40 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 cups blueberries fresh
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 2 tablespoons shortening
- ☐ 0.5 cup sugar white

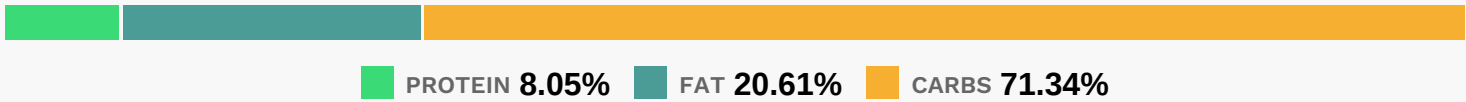
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Arrange the blueberries in the bottom of a casserole dish; sprinkle 1 cup sugar over the blueberries.
- ☐ Cream together the shortening, 1/2 cup sugar, and egg.
- ☐ Add the milk, flour, baking powder, and salt. Beat until evenly combined. Drop by spoonfuls on top of the blueberries.
- ☐ Bake in preheated oven until golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:33.53, Inflammation Score:-5, Nutrition Score:9.7313043241915%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 293.41kcal (14.67%), Fat: 6.87g (10.57%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 50.88g (18.5%), Sugar: 26.07g (28.97%), Cholesterol: 32.16mg (10.72%), Sodium: 175.36mg (7.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Manganese: 0.47mg (23.31%), Vitamin B1: 0.3mg (19.95%), Selenium: 13.79µg (19.71%), Vitamin B2: 0.28mg (16.32%), Folate: 65.07µg (16.27%), Vitamin K: 16.79µg (15.99%), Calcium: 141.81mg (14.18%), Phosphorus: 127.44mg (12.74%), Vitamin B3: 2.2mg (11.01%), Iron: 1.94mg (10.8%), Fiber: 2.62g (10.49%), Vitamin C: 7.18mg (8.7%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.52mg (5.22%), Vitamin B12: 0.28µg (4.75%), Copper: 0.09mg (4.71%), Potassium: 162.14mg (4.63%), Vitamin B6: 0.09mg (4.48%), Magnesium: 17.44mg (4.36%), Zinc: 0.6mg (4%), Vitamin D: 0.59µg (3.96%), Vitamin A: 145.44IU (2.91%)