



Grandma's Blueberry Buckle

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



213 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 4 cups blueberries fresh
- 0.7 cup butter cold
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup milk
- 0.5 teaspoon salt

1.3 cups sugar white

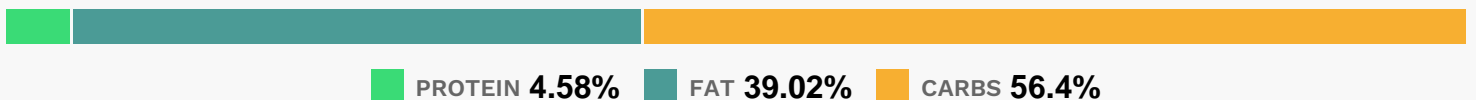
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking pan.
- Beat 1 1/2 cups sugar and 1/2 cup butter in a bowl using an electric mixer until creamy and smooth; beat in eggs.
- Whisk 4 cups flour, baking powder, and salt together in a separate bowl. Stir flour mixture into creamed butter mixture, alternating with milk, until batter is just combined; fold in blueberries.
- Pour batter into the prepared pan.
- Combine 1 1/3 cups sugar, 1 cup flour, and cinnamon together in a bowl; cut in 2/3 cup cold butter using a pastry blender or 2 knives until topping is crumbly.
- Sprinkle topping over batter.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 40 to 45 minutes. Cool buckle on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:19.49, Inflammation Score:-3, Nutrition Score:4.5630434907001%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg Delphinidin: 13.98mg, Delphinidin: 13.98mg, Delphinidin: 13.98mg, Delphinidin: 13.98mg 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: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg 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 Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 212.66kcal (10.63%), Fat: 9.53g (14.66%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 29.75g (10.82%), Sugar: 22.51g (25.01%), Cholesterol: 45.47mg (15.16%), Sodium: 270.72mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Manganese: 0.22mg (10.8%), Calcium: 93.57mg (9.36%), Vitamin K: 8.46µg (8.05%), Selenium: 5.19µg (7.41%), Phosphorus: 67.66mg (6.77%), Vitamin B2: 0.11mg (6.67%), Vitamin A: 331.86IU (6.64%), Vitamin B1: 0.09mg (6.13%), Folate: 20.69µg (5.17%), Fiber: 1.25g (4.98%), Vitamin C: 3.83mg (4.65%), Iron: 0.74mg (4.11%), Vitamin E: 0.54mg (3.58%), Vitamin B3: 0.68mg (3.42%), Vitamin B12: 0.16µg (2.62%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (2.23%), Potassium: 75.38mg (2.15%), Copper: 0.04mg (2.04%), Vitamin D: 0.3µg (1.98%), Magnesium: 7.43mg (1.86%), Zinc: 0.28mg (1.85%)