



Grunt

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 1 tablespoon butter
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine blueberries, water, 1 cup white sugar, and 1 tablespoon butter in a saucepan; cook and stir over medium heat until heated through, about 5 minutes.
- ☐ Transfer blueberry mixture to a deep 1 1/2 to 2-quart baking dish.
- ☐ Beat 1/2 cup white sugar and 1 tablespoon butter together in a bowl until creamy. Sift flour, baking powder, and salt together in a separate bowl; stir into sugar-butter mixture.
- ☐ Add milk; stir until incorporated.
- ☐ Pour batter over blueberries.
- ☐ Bake in the preheated oven until lightly browned and bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:91.27, Glycemic Load:39.33, Inflammation Score:-5, Nutrition Score:8.9495651825615%

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

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: 296.64kcal (14.83%), Fat: 4.45g (6.84%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 61.46g (20.49%), Net Carbohydrates: 58.83g (21.39%), Sugar: 33.87g (37.64%), Cholesterol: 11.19mg (3.73%), Sodium: 321.12mg (13.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Manganese: 0.46mg (23.22%), Vitamin B1: 0.29mg (19.33%), Calcium: 165.74mg (16.57%), Selenium: 11.44µg (16.34%), Folate: 61.73µg (15.43%), Vitamin K: 14.71µg (14.01%), Vitamin B2: 0.23mg (13.69%), Phosphorus: 118.1mg (11.81%), Vitamin B3: 2.19mg (10.94%), Iron: 1.89mg (10.51%), Fiber: 2.62g (10.49%), Vitamin C: 7.18mg (8.7%), Copper: 0.09mg (4.59%), Potassium: 137.92mg (3.94%), Magnesium: 15.73mg (3.93%), Vitamin E: 0.54mg (3.58%), Vitamin B6: 0.07mg (3.55%), Vitamin A: 176.84IU (3.54%), Vitamin B5: 0.35mg (3.46%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.34µg (2.24%)