



## Huckleberry Buckle II

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



178 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon butter
- 1 cup flour all-purpose
- 2.5 cups .5 oz/185 g huckleberries
- 0.5 cup milk
- 0.3 teaspoon salt
- 0.5 cup water boiling
- 0.8 cup sugar white

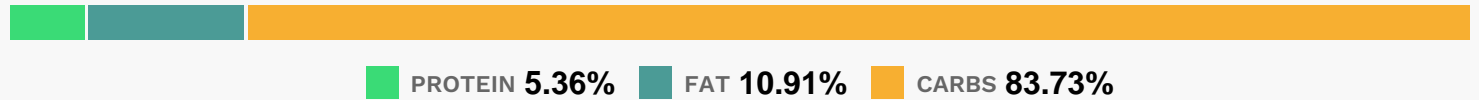
# Equipment

- bowl
- frying pan
- oven

# Directions

- Preheat oven to 375 degrees F (190 degrees C.) Grease the bottom of a 9 inch square pan.
- In a large bowl, cream 1/4 cup butter and 1/2 cup sugar. In a separate small bowl, combine flour, baking powder and salt. Stir into butter mixture. Stir in milk; mixture will be thick and lumpy.
- Spread batter into the prepared pan.
- In a large bowl, combine berries, 3/4 cup sugar and 1/2 cup boiling water.
- Pour over the batter in the pan. Dot the top with remaining 1 tablespoon of butter.
- Bake in the preheated oven for 45 to 50 minutes.

# Nutrition Facts



# Properties

Glycemic Index:40.64, Glycemic Load:22.11, Inflammation Score:-2, Nutrition Score:3.3213043167539%

# Nutrients (% of daily need)

Calories: 178.38kcal (8.92%), Fat: 2.19g (3.38%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 37.46g (13.62%), Sugar: 19.49g (21.65%), Cholesterol: 5.59mg (1.86%), Sodium: 151.35mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin B1: 0.14mg (9.25%), Selenium: 5.72µg (8.17%), Vitamin B2: 0.12mg (7.33%), Folate: 28.65µg (7.16%), Calcium: 62.67mg (6.27%), Vitamin B3: 1.16mg (5.81%), Iron: 1.01mg (5.62%), Manganese: 0.11mg (5.41%), Phosphorus: 43.65mg (4.37%), Vitamin A: 126.85IU (2.54%), Vitamin C: 2.07mg (2.51%), Fiber: 0.42g (1.69%), Vitamin B12: 0.09µg (1.42%), Magnesium: 5.59mg (1.4%), Copper: 0.03mg (1.32%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.18mg (1.18%), Potassium: 40.5mg (1.16%), Vitamin D: 0.17µg (1.12%)