



Stove Top Blueberry Grunt

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 8 cups blueberries fresh divided
- 0.8 cup buttermilk
- 1 teaspoon cornstarch
- 2.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon

- 1 teaspoon lemon zest
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted cooled melted
- 1 teaspoon vanilla extract
- 2 tablespoons water
- 2 tablespoons sugar white

Equipment

- bowl
- whisk
- pot
- toothpicks
- kitchen towels
- ice cream scoop
- measuring cup
- dutch oven

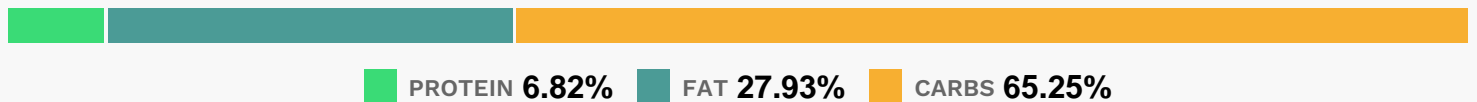
Directions

- Combine 4 cups blueberries, 1/2 cup white sugar, 1/2 teaspoon cinnamon, water, and lemon zest in a Dutch oven. Cook and stir over medium-high heat until mixture has thickened and has a jam-like texture, 10 to 12 minutes.
- Whisk lemon juice and cornstarch together in a small bowl until smooth; stir into blueberry mixture.
- Add remaining 4 cups blueberries to the blueberry mixture; cook and stir until blueberry mixture is heated through, about 1 minute.
- Remove pot from heat and cover to keep warm.
- Mix buttermilk, butter, and vanilla extract together in a measuring cup.
- Whisk flour, baking powder, baking soda, salt, and 6 tablespoons sugar together in a large bowl. Slowly stir buttermilk mixture into flour mixture until dough forms. Scoop dough using a small ice cream scoop or 2 large spoons and drop golf ball-sized dumplings atop blueberry

mixture.

- Wrap lid of Dutch oven with a clean kitchen towel to absorb condensation during cooking. Cover pot with the towel-wrapped lid, keeping towel away from heat source.
- Simmer grunt until dumplings have doubled in size and a toothpick inserted in the center comes out clean, 16 to 22 minutes.
- Mix 1/2 teaspoon cinnamon and 2 tablespoons white sugar together in a small bowl; sprinkle over dumplings.

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:19.47, Inflammation Score:-5, Nutrition Score:7.9669565169708%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 211.16kcal (10.56%), Fat: 6.74g (10.37%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 32.36g (11.77%), Sugar: 12.71g (14.12%), Cholesterol: 16.7mg (5.57%), Sodium: 213.69mg (9.29%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 3.7g (7.41%), Manganese: 0.51mg (25.41%), Vitamin K: 19.67µg (18.74%), Vitamin B1: 0.23mg (15.22%), Folate: 50.05µg (12.51%), Vitamin C: 10.27mg (12.45%), Selenium: 8.69µg (12.42%), Fiber: 3.07g (12.28%), Vitamin B2: 0.19mg (10.91%), Vitamin B3: 1.82mg (9.08%), Iron: 1.44mg (7.98%), Phosphorus: 62.75mg (6.28%), Calcium: 59.07mg (5.91%), Vitamin A: 253.36IU (5.07%), Vitamin E: 0.75mg (5.02%), Copper: 0.1mg (4.82%), Potassium: 125.55mg (3.59%), Vitamin B6: 0.07mg (3.42%), Magnesium: 13.07mg (3.27%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.39mg (2.59%), Vitamin D: 0.3µg (2%), Vitamin B12: 0.08µg (1.35%)