



## Upside-Down Blueberry Puffs Brunch

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 pint blueberries (reserve 6 berries)
- 0.3 cup butter softened
- 0.5 teaspoon butter
- 0.3 teaspoon cream of tartar
- 1 eggs separated
- 1 cup flour sifted
- 0.3 cup milk

- 0.3 teaspoon salt
- 0.5 cup sugar

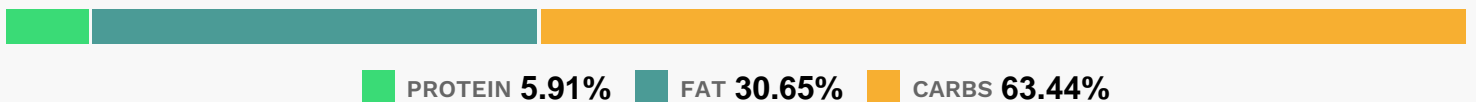
## Equipment

- baking sheet
- oven
- mixing bowl
- toothpicks

## Directions

- Preheat oven to 375 degrees. Wash blueberries and pat dry. Spray six 6-ounce custard cups with baking spray. Divide blueberries among custard cups, reserving 6 to top cakes.
- Combine flour, salt and baking powder in a mixing bowl and set aside. Beat egg white until foamy; add cream of tartar and beat until stiff peaks form. Set egg white aside. Cream butter; gradually add sugar and continue creaming until light.
- Add eggs and vanilla; mix until well blended.
- Add flour mixture, alternating with milk, to butter mixture and beat until well combined. Batter will be thick. Gently fold beaten egg white into flour/butter mixture. Spoon batter into custard cups over berries, filling no more than full.
- Place custard cups on a baking sheet; bake for 30 minutes or until cakes test done by inserting a toothpick near center. Turn out cakes directly from oven on wire racks.
- Serve warm or at room temperature. If desired, serve with whipped cream or ice cream topped with a blueberry.

## Nutrition Facts



## Properties

Glycemic Index:69.18, Glycemic Load:27.45, Inflammation Score:-5, Nutrition Score:7.6921739130435%

## Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 275.23kcal (13.76%), Fat: 9.66g (14.86%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 42.52g (15.46%), Sugar: 25.23g (28.03%), Cholesterol: 50.14mg (16.71%), Sodium: 283.39mg (12.32%), Protein: 4.19g (8.38%), Manganese: 0.41mg (20.55%), Vitamin K: 16.04µg (15.27%), Selenium: 9.85µg (14.07%), Vitamin B1: 0.2mg (13.58%), Folate: 46.6µg (11.65%), Vitamin B2: 0.19mg (11.41%), Fiber: 2.46g (9.83%), Vitamin C: 7.65mg (9.27%), Calcium: 90mg (9%), Phosphorus: 84.46mg (8.45%), Iron: 1.44mg (8.01%), Vitamin B3: 1.58mg (7.92%), Vitamin A: 350.92IU (7.02%), Vitamin E: 0.77mg (5.17%), Copper: 0.08mg (4.1%), Potassium: 137.02mg (3.91%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.07mg (3.56%), Magnesium: 12.29mg (3.07%), Zinc: 0.43mg (2.89%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.3µg (1.97%)