



Apricot Berry Cobbler

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



427 kcal

DESSERT

Ingredients

- 5 cups apricots pitted quartered canned (Blenheims if you can get a hold of some)
- 3 cups blackberries (or boysenberries or blueberries)
- 1 cup granulated sugar white
- 2 Tbsp flour (for thickening)
- 2 cups all purpose flour
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt

- 1 Tbsp granulated sugar white
- 0.5 cup butter plus melted softened (1 stick)
- 1 cup buttermilk
- 0.5 teaspoon almond extract
- 2 Tbsp brown sugar

Equipment

- bowl
- oven
- whisk
- baking pan
- wooden spoon
- aluminum foil
- microwave

Directions

- Toss the apricots with sugar and flour, place in baking dish: In medium bowl toss the apricots, berries, 1 cup white sugar, and 2 Tbsp flour together.
- Place filling into baking dish (one 9x13x2 baking dish, or two smaller baking dishes).
- Whisk flour, baking powder, baking soda, salt, sugar, then work in butter:
- Whisk together the 2 cups of flour, baking powder, baking soda, salt, 1 Tbsp white sugar in a medium bowl.
- Cut the butter into small cubes and toss into the flour mixture. Work the butter with your fingers to smear it and crumble it into the flour, until the mixture resembles a coarse cornmeal.
- Tip: at this point, if you briefly heat the apricot berry mixture in the microwave or oven, until it is warm, it will help the biscuit topping to rise.
- Add almond extract to the buttermilk, then form a well in the middle of the flour mixture and pour in the buttermilk.

- Gently mix (with wooden spoon or your hands) until the dough just comes together. Do not over-mix.
- Form "cobblestone" shapes of the dough and arrange on the top of the apricot berry mixture. (You can also just crumble the dough over the top.)
- Sprinkle brown sugar over the top of the dough.
- Drizzle melted butter over the top (aim for the fruit more than the biscuits).
- Preheat oven to 425°F.
- Let the cobbler sit and rise for 10–20 minutes before baking.
- Bake:
- Bake at 425°F for 10–15 minutes or until the top is just beginning to brown, then reduce the heat to 350°F. Cook for an additional 30 to 40 more minutes, until the center fruit is thickened and bubbly.
- Check during cooking, if the topping is getting too brown, cover it with foil and turn the heat down to 325°F.

Nutrition Facts

 PROTEIN 5.84% FAT 27.5% CARBS 66.66%

Properties

Glycemic Index:63.11, Glycemic Load:41.17, Inflammation Score:−9, Nutrition Score:13.682174071022%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 426.82kcal (21.34%), Fat: 13.42g (20.64%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 73.18g (24.39%), Net Carbohydrates: 67.73g (24.63%), Sugar: 43.31g (48.12%), Cholesterol: 33.8mg (11.27%), Sodium: 445.72mg (19.38%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 6.41g (12.82%), Vitamin A: 2303.02IU (46.06%), Manganese: 0.58mg (28.83%), Folate: 102.48µg (25.62%), Vitamin B1: 0.33mg (22.01%), Fiber: 5.46g (21.83%), Selenium: 12.88µg (18.39%), Vitamin B2: 0.28mg (16.61%), Vitamin B3: 2.95mg (14.77%), Iron: 2.49mg (13.85%), Vitamin C: 11.22mg (13.6%), Calcium: 130.46mg (13.05%), Phosphorus: 122.37mg (12.24%), Potassium: 404.18mg (11.55%), Vitamin E: 1.66mg (11.09%), Copper: 0.17mg (8.7%), Vitamin K: 8.24µg (7.85%), Magnesium: 28.75mg (7.19%), Vitamin B5: 0.63mg (6.35%), Vitamin B6: 0.11mg (5.36%), Zinc: 0.67mg (4.44%), Vitamin B12:

0.16 μ g (2.7%), Vitamin D: 0.39 μ g (2.6%)