



Baron's Blackberry Cobbler

 Vegetarian  Popular

READY IN



70 min.

SERVINGS



15

CALORIES



231 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 6 cups blackberries fresh
- 0.3 cup butter melted
- 2 tablespoons cornstarch
- 2.5 cups flour all-purpose
- 2 cups milk
- 1 teaspoon salt
- 1 tablespoon vanilla extract

1.5 cups sugar white

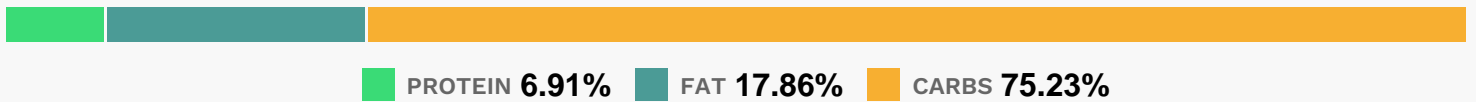
Equipment

- bowl
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly oil a 9x13-inch baking dish.
- Whisk 1/2 cup sugar with the cornstarch in a small bowl; set aside.
- Place the blackberries into a mixing bowl, and drizzle with 1/4 cup of melted butter.
- Sprinkle with the cornstarch mixture, and toss to evenly coat.
- Spread the berries into the prepared baking dish. In a separate bowl, whisk together the flour, 1 1/2 cup sugar, baking powder, and salt until evenly blended. Stir in the milk, vanilla extract, and 1/4 cup melted butter until combined but still slightly lumpy.
- Pour the batter over the berries.
- Bake in the preheated oven until the berries are tender and the crust is golden brown, 55 minutes to an hour.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:26.87, Inflammation Score:-5, Nutrition Score:8.3499999564627%

Flavonoids

Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.68mg,

Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 231.23kcal (11.56%), Fat: 4.66g (7.17%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 40.55g (14.75%), Sugar: 24.5g (27.23%), Cholesterol: 12.04mg (4.01%), Sodium: 277.89mg (12.08%), Alcohol: 0.3g (100%), Alcohol %: 0.27% (100%), Protein: 4.06g (8.11%), Manganese: 0.52mg (25.97%), Vitamin C: 12.1mg (14.66%), Fiber: 3.63g (14.51%), Folate: 52.64µg (13.16%), Vitamin B1: 0.19mg (12.9%), Selenium: 8.1µg (11.57%), Vitamin K: 11.83µg (11.27%), Calcium: 108.17mg (10.82%), Vitamin B2: 0.17mg (9.92%), Phosphorus: 86.66mg (8.67%), Vitamin B3: 1.64mg (8.21%), Iron: 1.43mg (7.94%), Copper: 0.13mg (6.41%), Vitamin A: 270.51IU (5.41%), Vitamin E: 0.79mg (5.27%), Magnesium: 20.44mg (5.11%), Potassium: 167.22mg (4.78%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.36µg (2.39%), Vitamin B6: 0.05mg (2.33%)