



Berry Cobbler

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 8 servings garnish: mint sprigs fresh
- ☐ 24 oz raspberries frozen
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 4 tablespoons butter unsalted

☐ 1.5 teaspoons vanilla extract

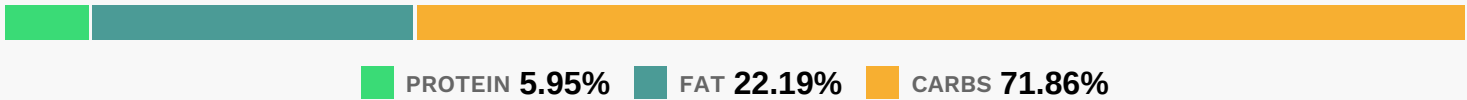
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place 4 Tbsp. butter in a 10-inch cast-iron skillet, and put skillet in a 350 oven 10 minutes or until butter is melted.
- ☐ Meanwhile, toss raspberries with 3/4 cup sugar in a large bowl.
- ☐ Sift together 1 1/2 cups flour, baking powder, and salt in a medium bowl. Stir in milk, vanilla, and remaining 1/4 cup sugar.
- ☐ Add hot melted butter to flour mixture, and stir until blended.
- ☐ Pour batter evenly into skillet.
- ☐ Pour berry mixture into center of batter.
- ☐ Bake at 350 for 50 minutes or until top is golden brown and a wooden pick inserted in crust comes out clean.
- ☐ Let stand 10 minutes.
- ☐ Serve with vanilla ice cream, if desired.
- ☐ Garnish, if desired.
- ☐ *2 (12-oz.) packages frozen mixed berries may be substituted for frozen raspberries.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:32.38, Inflammation Score:-5, Nutrition Score:10.675217421159%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 297.67kcal (14.88%), Fat: 7.53g (11.58%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 48.61g (17.68%), Sugar: 30.34g (33.71%), Cholesterol: 18.71mg (6.24%), Sodium: 265.65mg (11.55%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 4.54g (9.08%), Manganese: 0.75mg (37.31%), Vitamin C: 22.6mg (27.39%), Fiber: 6.24g (24.97%), Folate: 62.1µg (15.53%), Vitamin B1: 0.23mg (15.3%), Selenium: 8.92µg (12.74%), Calcium: 125.59mg (12.56%), Vitamin B2: 0.2mg (11.81%), Phosphorus: 105.15mg (10.51%), Iron: 1.85mg (10.29%), Vitamin B3: 1.95mg (9.74%), Magnesium: 28.83mg (7.21%), Vitamin K: 7.29µg (6.94%), Vitamin E: 0.93mg (6.21%), Potassium: 208.46mg (5.96%), Vitamin A: 294.89IU (5.9%), Copper: 0.12mg (5.88%), Vitamin B5: 0.51mg (5.08%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.44µg (2.94%)