



Berry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



576 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 6 cups blackberries
- ☐ 0.5 cup butter cut into pieces
- ☐ 1 tablespoon butter cut into pieces
- ☐ 0.5 cup buttermilk
- ☐ 1.5 cups flour
- ☐ 1 tablespoon quick-cooking tapioca
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 8 servings whipped cream sweetened
- ☐ 8 servings whipped cream
- ☐ 1 tablespoon whipping cream

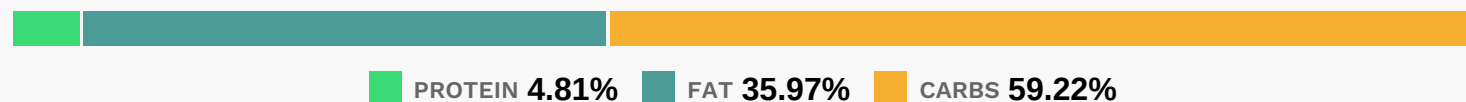
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine berries, sugar, and tapioca in a medium bowl; let stand 15 minutes or until tapioca softens. Spoon berry mixture into a buttered 11- x 7-inch baking dish, and dot with 1 tablespoon butter.
- ☐ Bake at 400 for 10 minutes or until berries are hot.
- ☐ Combine flour and next 3 ingredients in a medium bowl.
- ☐ Cut 1/2 cup butter into flour mixture with a pastry blender until crumbly; add buttermilk, stirring just until dry ingredients are moistened. Gather dough into a ball. Turn dough out onto a lightly floured surface; knead 5 or 6 times. Pat or roll dough into an 11- x 7-inch rectangle.
- ☐ Carefully place pastry over hot berries.
- ☐ Brush top of pastry with whipping cream, and sprinkle with sugar.
- ☐ Bake at 400 for 15 to 20 minutes or until top is lightly browned.
- ☐ Serve with sweetened whipped cream or vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:81.16, Glycemic Load:52.56, Inflammation Score:-8, Nutrition Score:15.095217227936%

Flavonoids

Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 575.53kcal (28.78%), Fat: 23.58g (36.28%), Saturated Fat: 14.27g (89.19%), Carbohydrates: 87.37g (29.12%), Net Carbohydrates: 80.54g (29.29%), Sugar: 61.02g (67.8%), Cholesterol: 71.63mg (23.88%), Sodium: 451.81mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Manganese: 0.87mg (43.28%), Vitamin C: 23.09mg (27.98%), Fiber: 6.82g (27.29%), Calcium: 221.63mg (22.16%), Vitamin K: 22.99µg (21.89%), Vitamin B2: 0.35mg (20.51%), Vitamin A: 1000.67IU (20.01%), Folate: 74.67µg (18.67%), Phosphorus: 168.76mg (16.88%), Vitamin B1: 0.24mg (16.21%), Selenium: 10.67µg (15.24%), Vitamin E: 1.91mg (12.74%), Copper: 0.23mg (11.74%), Iron: 1.99mg (11.05%), Vitamin B3: 2.18mg (10.92%), Potassium: 367.14mg (10.49%), Magnesium: 38.95mg (9.74%), Vitamin B5: 0.88mg (8.82%), Zinc: 1.29mg (8.63%), Vitamin B12: 0.37µg (6.23%), Vitamin B6: 0.08mg (4.17%), Vitamin D: 0.38µg (2.54%)