



Berry-Peach Cobbler with Sugared Almonds

READY IN



45 min.

SERVINGS



12

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 16.8 ounce blackberries fresh
- ☐ 18 ounce blueberries fresh
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons cornstarch
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 tablespoon egg whites
- ☐ 1 cup flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup half and half
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 medium peaches peeled sliced
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 4 cups whipped cream fat-free

Equipment

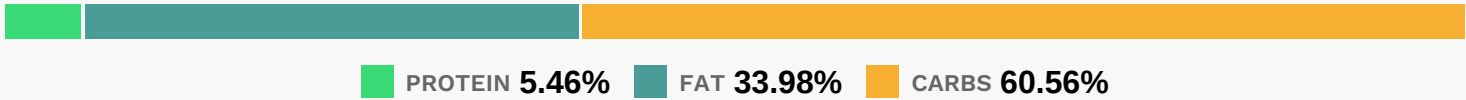
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare filling, combine blueberries, blackberries, and peaches in a 13 x 9inch baking dish lightly coated with cooking spray.
- ☐ Sprinkle 2/3 cup granulated sugar, 2 1/2 tablespoons cornstarch, juice, and 1/8 teaspoon salt over fruit; toss gently to combine.
- ☐ To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/4 cup granulated sugar, 2 tablespoons cornstarch, baking powder, and 1/8 teaspoon salt, stirring well.
- ☐ Cut butter into flour mixture with a pastry blender or two knives until mixture resembles coarse meal.
- ☐ Add half-and-half; gently knead dough just until moistened. Drop dough by spoonfuls evenly over top of filling.
- ☐ Combine almonds, turbinado sugar, and egg white; sprinkle over top.

- ☐ Bake at 350 for 50 minutes or until topping is browned.
- ☐ Let stand 10 minutes.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:44.45, Glycemic Load:26.41, Inflammation Score:-7, Nutrition Score:10.030869600566%

Flavonoids

Cyanidin: 44.05mg, Cyanidin: 44.05mg, Cyanidin: 44.05mg, Cyanidin: 44.05mg Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 8.71mg, Peonidin: 8.71mg, Peonidin: 8.71mg, Peonidin: 8.71mg Catechin: 18.84mg, Catechin: 18.84mg, Catechin: 18.84mg, Catechin: 18.84mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 348.02kcal (17.4%), Fat: 13.55g (20.85%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 49.72g (18.08%), Sugar: 37.53g (41.7%), Cholesterol: 37.94mg (12.65%), Sodium: 136.78mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Manganese: 0.56mg (27.97%), Vitamin C: 15.8mg (19.16%), Fiber: 4.63g (18.54%), Vitamin K: 17.98µg (17.12%), Vitamin B2: 0.26mg (15.08%), Vitamin E: 1.97mg (13.11%), Vitamin A: 626.26IU (12.53%), Phosphorus: 107.64mg (10.76%), Calcium: 103.48mg (10.35%), Folate: 38.42µg (9.61%), Vitamin B1: 0.14mg (9.47%), Selenium: 6.24µg (8.91%), Copper: 0.18mg (8.75%), Potassium: 282.39mg (8.07%), Magnesium: 30.55mg (7.64%), Vitamin B3: 1.51mg (7.57%), Iron: 1.17mg (6.51%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.58mg (5.77%), Vitamin B6: 0.08mg (3.98%), Vitamin B12: 0.2µg (3.4%)