



Best Ever Blueberry Cobbler



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 cups blueberries fresh
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup orange juice
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract

☐ 0.5 cup sugar white

Equipment

☐ bowl

☐ oven

☐ baking pan

Directions

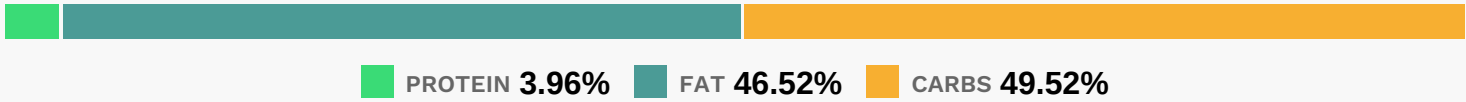
☐ Preheat oven to 375 degrees F (190 degrees C).

☐ In an 8 inch square baking dish, mix blueberries, 3 tablespoons sugar, and orange juice. Set aside. In a small bowl, thoroughly mix flour, baking powder, and salt. Set aside.

☐ In a medium bowl, cream butter and 1/2 cup sugar until light and fluffy. Beat in egg and vanilla extract. Gradually add flour mixture, stirring just until ingredients are combined. Drop batter by rounded tablespoons over blueberry mixture. Try to cover as much of filling as possible.

☐ Bake in preheated oven for 35 to 40 minutes, until topping is golden brown and filling is bubbling.

Nutrition Facts



Properties

Glycemic Index:63.18, Glycemic Load:23.66, Inflammation Score:-6, Nutrition Score:6.7369565186293%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg

0.97mg, Myricetin: 0.97mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg
Galocatechin: 0.09mg, Galocatechin: 0.09mg, Galocatechin: 0.09mg, Galocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 310.27kcal (15.51%), Fat: 16.5g (25.38%), Saturated Fat: 10g (62.49%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 37.34g (13.58%), Sugar: 25.28g (28.09%), Cholesterol: 67.95mg (22.65%), Sodium: 157.53mg (6.85%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 3.16g (6.33%), Manganese: 0.35mg (17.44%), Vitamin C: 14.07mg (17.05%), Vitamin K: 15.68µg (14.94%), Vitamin A: 579.84IU (11.6%), Selenium: 7.34µg (10.48%), Vitamin B1: 0.15mg (10.18%), Folate: 38µg (9.5%), Fiber: 2.18g (8.72%), Vitamin B2: 0.15mg (8.62%), Vitamin E: 0.95mg (6.34%), Vitamin B3: 1.2mg (6%), Iron: 1.04mg (5.77%), Phosphorus: 48.95mg (4.9%), Copper: 0.08mg (3.75%), Potassium: 114.92mg (3.28%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.31mg (3.12%), Calcium: 26.69mg (2.67%), Magnesium: 10.35mg (2.59%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.1µg (1.62%)