



Black Forest Cobbler

READY IN



60 min.

SERVINGS



6

CALORIES



324 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 1 tablespoon cornstarch
- 2 pounds cherries red pitted
- 0.3 teaspoon almond extract
- 0.8 cup flour all-purpose
- 0.3 cup cocoa powder
- 1 tablespoon sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt

- 3 tablespoons butter
- 0.5 cup milk
- 1 serving whipped cream

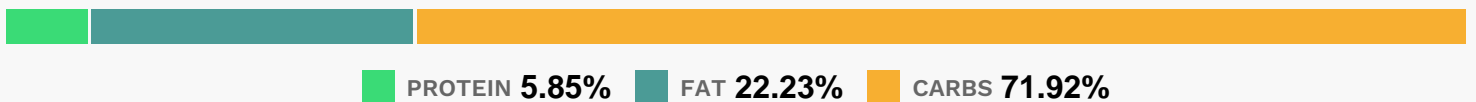
Equipment

- bowl
- sauce pan
- oven
- blender

Directions

- Heat oven to 400°F.
- Mix 1/2 cup sugar and the cornstarch in 2-quart saucepan. Stir in cherries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in almond extract.
- Pour into ungreased 2-quart casserole; keep hot in oven.
- Mix flour, cocoa, 1 tablespoon sugar, the baking powder and salt in small bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot fruit mixture.
- Bake uncovered 25 to 30 minutes or until topping is set.
- Serve warm with cream.
- Substitution

Nutrition Facts



Properties

Glycemic Index:71.36, Glycemic Load:28.43, Inflammation Score:-6, Nutrition Score:8.9265217107275%

Flavonoids

Cyanidin: 45.68mg, Cyanidin: 45.68mg, Cyanidin: 45.68mg, Cyanidin: 45.68mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 2.27mg, Peonidin: 2.27mg, Peonidin: 2.27mg, Peonidin: 2.27mg Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 323.56kcal (16.18%), Fat: 8.5g (13.08%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 56.89g (20.69%), Sugar: 41.42g (46.02%), Cholesterol: 7.28mg (2.43%), Sodium: 383.71mg (16.68%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Caffeine: 8.24mg (2.75%), Protein: 5.04g (10.08%), Fiber: 5.01g (20.06%), Manganese: 0.35mg (17.7%), Potassium: 463.07mg (13.23%), Phosphorus: 130.72mg (13.07%), Vitamin C: 10.66mg (12.93%), Copper: 0.25mg (12.71%), Calcium: 126.89mg (12.69%), Vitamin B1: 0.18mg (12.19%), Vitamin B2: 0.2mg (11.56%), Magnesium: 42.48mg (10.62%), Iron: 1.9mg (10.58%), Selenium: 6.55µg (9.35%), Folate: 36.41µg (9.1%), Vitamin A: 426.41IU (8.53%), Vitamin B3: 1.27mg (6.35%), Vitamin B5: 0.52mg (5.24%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.62mg (4.15%), Vitamin K: 3.41µg (3.24%), Vitamin B12: 0.16µg (2.66%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.25µg (1.64%)