



Black Forest Cobbler

READY IN



60 min.

SERVINGS



6

CALORIES



437 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup cocoa powder
- 1.5 teaspoons double-acting baking powder
- 3 tablespoons butter
- 2 pounds cherries red pitted
- 1 tablespoon cornstarch
- 0.8 cup flour all-purpose
- 6 servings whipped cream
- 0.5 cup milk

- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 tablespoon sugar

Equipment

- bowl
- sauce pan
- oven
- blender

Directions

- Heat oven to 400F.
- 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



PROTEIN 6.08% **FAT 28.57%** **CARBS 65.35%**

Properties

Glycemic Index:71.36, Glycemic Load:36.11, Inflammation Score:-7, Nutrition Score:11.09521737306%

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

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: 437.41kcal (21.87%), Fat: 14.55g (22.39%), Saturated Fat: 6.4g (40%), Carbohydrates: 74.89g (24.96%), Net Carbohydrates: 69.49g (25.27%), Sugar: 53.08g (58.98%), Cholesterol: 31.48mg (10.49%), Sodium: 427.71mg (18.6%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Caffeine: 8.24mg (2.75%), Protein: 6.96g (13.93%), Fiber: 5.4g (21.6%), Calcium: 197.29mg (19.73%), Vitamin B2: 0.33mg (19.32%), Phosphorus: 188.47mg (18.85%), Manganese: 0.36mg (17.92%), Potassium: 572.52mg (16.36%), Vitamin B1: 0.21mg (13.7%), Copper: 0.27mg (13.34%), Vitamin C: 10.99mg (13.33%), Vitamin A: 657.96IU (13.16%), Magnesium: 50.18mg (12.54%), Iron: 1.95mg (10.86%), Selenium: 7.54µg (10.76%), Folate: 39.16µg (9.79%), Vitamin B5: 0.84mg (8.44%), Zinc: 1mg (6.68%), Vitamin B3: 1.33mg (6.67%), Vitamin B6: 0.13mg (6.5%), Vitamin B12: 0.37µg (6.24%), Vitamin E: 0.54mg (3.63%), Vitamin K: 3.57µg (3.4%), Vitamin D: 0.36µg (2.37%)