



Blackberry-Apple Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 1.3 cups rome apple peeled thinly sliced (1 medium)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 cups blackberries fresh
- ☐ 1 large egg white beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 teaspoons ice water

- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine
- ☐ 3 tablespoons stick margarine chilled
- ☐ 1 cup sugar
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

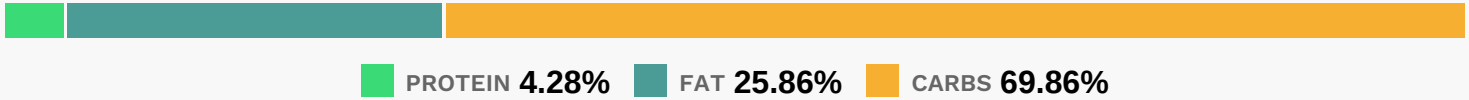
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 37
- ☐ Combine blackberries and apple.
- ☐ Combine 1 cup sugar, 2 tablespoons flour, and lemon rind; toss with fruit. Stir in vanilla; set aside.
- ☐ Combine 3/4 cup flour, 2 tablespoons sugar, baking powder, and salt in a large bowl.
- ☐ Cut in 3 tablespoons cold butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add egg white; sprinkle ice water, 1 teaspoon at a time, over surface until mixture forms a loose ball. (Dough will be slightly crumbly.)
- ☐ Place mixture on heavy-duty plastic wrap; pat dough 3 or 4 times to form a disc. Cover with additional plastic wrap.
- ☐ Roll dough, still covered, into an 8-inch square. Chill 10 minutes.

- ☐
- Toss fruit mixture gently; spoon into an 8-inch square pan coated with cooking spray. Dot with 2 tablespoons butter.
- ☐
- Remove 1 sheet of plastic wrap from dough; invert dough over fruit mixture in pan.
- ☐
- Remove top sheet of plastic wrap.
- ☐
- Combine 1 1/2 teaspoons sugar and cinnamon; sprinkle over crust.
- ☐
- Bake at 375 for 35 minutes or until crust is browned.
- ☐
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:64.28, Glycemic Load:29.13, Inflammation Score:-6, Nutrition Score:7.9021738858327%

Flavonoids

Cyanidin: 72.27mg, Cyanidin: 72.27mg, Cyanidin: 72.27mg, Cyanidin: 72.27mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 26.94mg, Catechin: 26.94mg, Catechin: 26.94mg, Catechin: 26.94mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 270.88kcal (13.54%), Fat: 8.06g (12.4%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 44.23g (16.08%), Sugar: 34.35g (38.17%), Cholesterol: 0mg (0%), Sodium: 194.8mg (8.47%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 3g (6%), Manganese: 0.58mg (28.88%), Vitamin C: 17.01mg (20.61%), Fiber: 4.76g (19.06%), Vitamin K: 14.75µg (14.04%), Folate: 43.82µg (10.96%), Vitamin A: 495.76IU (9.92%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.13mg (8.4%), Vitamin E: 1.18mg (7.84%), Copper: 0.15mg (7.4%), Vitamin B2: 0.12mg (6.98%), Vitamin B3: 1.3mg (6.48%), Iron: 1.16mg (6.43%), Magnesium: 19.35mg (4.84%), Potassium: 164.98mg (4.71%), Calcium: 43.88mg (4.39%), Phosphorus: 41.03mg (4.1%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.04mg (1.9%)