



Blackberry Cobbler

 Vegetarian  Popular

READY IN



90 min.

SERVINGS



15

CALORIES



251 kcal

DESSERT

Ingredients

- 3.5 cups blackberries
- 0.5 cup butter
- 2 cups milk
- 2 cups self-rising flour
- 2 cups sugar white

Equipment

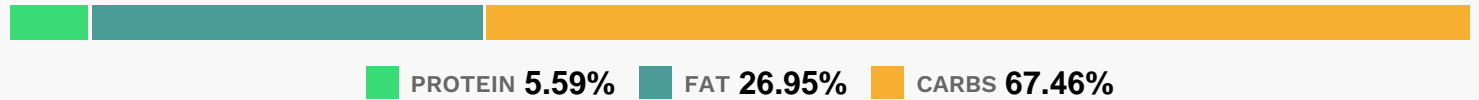
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Once oven temperature is reached melt butter in a 9x13 inch baking pan.
- In a medium bowl stir together the flour, sugar and milk; batter will be slightly lumpy.
- Pour mixture on top of melted butter in baking pan. Do not mix butter and mixture together.
- Drop blackberries into batter; if more crust is desired add less blackberries.
- Bake in preheated oven for one hour or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:27.39, Inflammation Score:-4, Nutrition Score:4.9582608834557%

Flavonoids

Cyanidin: 33.58mg, Cyanidin: 33.58mg, Cyanidin: 33.58mg, Cyanidin: 33.58mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 12.45mg, Catechin: 12.45mg, Catechin: 12.45mg, Catechin: 12.45mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 251.05kcal (12.55%), Fat: 7.7g (11.85%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 41.22g (14.99%), Sugar: 29.87g (33.19%), Cholesterol: 20.17mg (6.72%), Sodium: 61.95mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Manganese: 0.35mg (17.57%), Selenium: 7.6µg (10.86%), Fiber: 2.18g (8.72%), Vitamin C: 7.06mg (8.55%), Vitamin K: 7.33µg (6.98%), Vitamin A: 314.03IU (6.28%), Phosphorus: 58.23mg (5.82%), Calcium: 54.34mg (5.43%), Copper: 0.09mg (4.4%), Vitamin E: 0.65mg (4.34%), Vitamin B2: 0.07mg (4.19%), Magnesium: 14.94mg (3.74%), Folate: 14.13µg (3.53%), Potassium: 122.25mg (3.49%), Vitamin B12: 0.19µg (3.14%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.04mg (2.58%), Vitamin D: 0.36µg (2.39%), Vitamin B3: 0.42mg (2.11%), Iron: 0.37mg (2.07%), Vitamin B6: 0.04mg (1.82%)