



Blackberry Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

DESSERT

Ingredients

- 8 cups blackberries fresh
- 8 servings pastry divided
- 0.3 cup flour all-purpose
- 1 teaspoon juice of lemon
- 0.3 cup butter
- 2.3 cups sugar

Equipment

- baking sheet

- oven
- wire rack
- baking pan

Directions

- Stir together first 4 ingredients; let mixture stand 10 minutes or until sugar dissolves.
- Roll half of pastry to 1/4-inch thickness; cut into 1 1/2-inch-wide strips.
- Place on a lightly greased baking sheet.
- Bake at 425 for 10 minutes or until lightly browned.
- Remove to a wire rack to cool. Break strips into pieces.
- Spoon half of blackberry mixture into a lightly greased 13- x 9-inch baking dish; top with pastry pieces. Spoon remaining blackberry mixture over pastry; dot with butter.
- Roll remaining pastry to 1/4-inch thickness; cut into 1-inch strips, and arrange in a lattice design over filling.
- Sprinkle with sugar, if desired.
- Place cobbler on a baking sheet.
- Bake at 350 for 50 minutes or until golden.
- Serve with vanilla ice cream and Blackberry Syrup, if desired.

Nutrition Facts



PROTEIN 2.88% **FAT 17.03%** **CARBS 80.09%**

Properties

Glycemic Index:28.26, Glycemic Load:43.94, Inflammation Score:-7, Nutrition Score:11.054347830946%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg

0.98mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 354.09kcal (17.7%), Fat: 7.03g (10.81%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 74.4g (24.8%), Net Carbohydrates: 66.61g (24.22%), Sugar: 63.2g (70.22%), Cholesterol: 0mg (0%), Sodium: 71.5mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.97mg (48.65%), Vitamin C: 30.5mg (36.96%), Fiber: 7.79g (31.16%), Vitamin K: 28.69µg (27.32%), Vitamin E: 1.91mg (12.76%), Copper: 0.25mg (12.51%), Folate: 46.51µg (11.63%), Vitamin A: 561.95IU (11.24%), Magnesium: 30.36mg (7.59%), Potassium: 244.21mg (6.98%), Iron: 1.19mg (6.6%), Vitamin B3: 1.28mg (6.41%), Zinc: 0.81mg (5.41%), Vitamin B1: 0.07mg (4.97%), Vitamin B2: 0.08mg (4.67%), Calcium: 45.37mg (4.54%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.92µg (4.17%), Phosphorus: 39.59mg (3.96%), Vitamin B6: 0.05mg (2.33%)