



Blackberry Cobbler

READY IN



50 min.

SERVINGS



10

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries fresh
- ☐ 0.3 cup butter cold plus more for greasing cut into small pieces, ()
- ☐ 0.5 cup milk
- ☐ 2 cups self-rising flour
- ☐ 0.8 cup sugar
- ☐ 10 servings whipped cream for serving

Equipment

- ☐ bowl

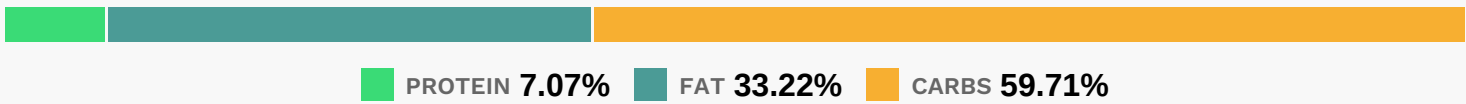
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ casserole dish
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 450 degrees F. Butter a 1-quart casserole dish or baking pan.
- ☐ In a medium saucepan combine the sugar, 1 tablespoon of the flour, berries and 1 cup water. Bring to a boil, reduce the heat, and simmer for 2 minutes, then remove from the heat and set aside.
- ☐ In a medium bowl, use a pastry blender or two knives to cut the butter into the remaining 2 cups flour. Stir in just enough milk to make a soft dough that pulls away from the sides of the bowl. Turn the dough out on a lightly-floured board and pat into a square. Use a rolling pin to roll it to 1/2-inch thick.
- ☐ Cut the dough into 2-inch-wide strips.
- ☐ Pour 1 cup of the blackberry mixture into the bottom of the pan. Arrange half of the dough strips on top of the blackberry mix, placing them close together.
- ☐ Bake until brown, about 12 minutes, then remove from the oven and pour the remaining berry mixture over the baked strips. Arrange another layer of dough strips on top and bake until brown, about 15 minutes.
- ☐ Serve warm with ice cream.
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Nutrition Facts



Properties

Glycemic Index:31.11, Glycemic Load:31.97, Inflammation Score:-5, Nutrition Score:7.1273912968843%

Flavonoids

Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 345.01kcal (17.25%), Fat: 12.86g (19.78%), Saturated Fat: 7.69g (48.06%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 49.4g (17.96%), Sugar: 31.04g (34.48%), Cholesterol: 42.71mg (14.24%), Sodium: 94.86mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Manganese: 0.39mg (19.52%), Selenium: 11.61µg (16.58%), Vitamin B2: 0.2mg (11.91%), Phosphorus: 113.57mg (11.36%), Calcium: 113.1mg (11.31%), Fiber: 2.59g (10.35%), Vitamin A: 501.57IU (10.03%), Vitamin C: 6.44mg (7.81%), Potassium: 222.96mg (6.37%), Vitamin B5: 0.62mg (6.24%), Vitamin K: 6.41µg (6.1%), Zinc: 0.88mg (5.85%), Magnesium: 22.83mg (5.71%), Vitamin B12: 0.33µg (5.55%), Copper: 0.11mg (5.47%), Vitamin E: 0.77mg (5.15%), Folate: 18.92µg (4.73%), Vitamin B1: 0.06mg (4%), Vitamin B6: 0.06mg (2.86%), Vitamin B3: 0.53mg (2.64%), Iron: 0.47mg (2.62%), Vitamin D: 0.27µg (1.77%)