



Blackberry Cobbler



Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

659 kcal

DESSERT

Ingredients



2 cups blackberries fresh frozen or



0.5 stick butter melted plus more for greasing pan



4 servings whipped cream and/or ice cream for serving



1 cup self-rising flour



1.3 cups sugar



1 cup milk whole

Equipment



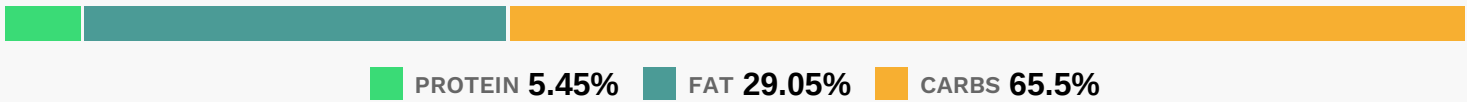
bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease a 3-quart baking dish with butter.
- ☐ In a medium bowl, whisk 1 cup sugar with the flour and milk.
- ☐ Whisk in the melted butter.
- ☐ Rinse the blackberries and pat them dry.
- ☐ Pour the batter into the baking dish.
- ☐ Sprinkle the blackberries evenly over the top of the batter.
- ☐ Sprinkle 1/4 cup sugar over the blackberries.
- ☐ Bake until golden brown and bubbly, about 1 hour. When 10 minutes of the cooking time remains, sprinkle the remaining 2 tablespoons sugar over the top. Top with whipped cream or ice cream . . . or both!

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:69.4, Inflammation Score:-7, Nutrition Score:12.528260894444%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 658.89kcal (32.94%), Fat: 21.74g (33.44%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 110.27g (36.76%), Net Carbohydrates: 105.24g (38.27%), Sugar: 82.92g (92.13%), Cholesterol: 66.73mg (22.24%), Sodium: 168.77mg (7.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Manganese: 0.72mg (36.14%), Selenium: 15.56µg (22.23%), Fiber: 5.03g (20.11%), Calcium: 189.09mg (18.91%), Vitamin C: 15.52mg (18.81%), Phosphorus: 180.45mg (18.05%), Vitamin A: 884.37IU (17.69%), Vitamin B2: 0.3mg (17.45%), Vitamin K: 15.72µg (14.97%), Potassium: 375.37mg (10.72%), Vitamin B12: 0.61µg (10.18%), Vitamin E: 1.52mg (10.16%), Copper: 0.2mg (9.79%), Magnesium: 39.06mg (9.76%), Vitamin B5: 0.96mg (9.62%), Zinc: 1.37mg (9.14%), Folate: 32.04µg (8.01%), Vitamin B1: 0.1mg (6.76%), Vitamin D: 0.8µg (5.35%), Vitamin B6: 0.1mg (5.12%), Vitamin B3: 0.92mg (4.62%), Iron: 0.82mg (4.56%)