



Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2.5 cups blackberries
- 0.5 cup butter melted
- 1 cup flour
- 1 cup milk
- 0.5 teaspoon salt
- 1 tablespoon sugar

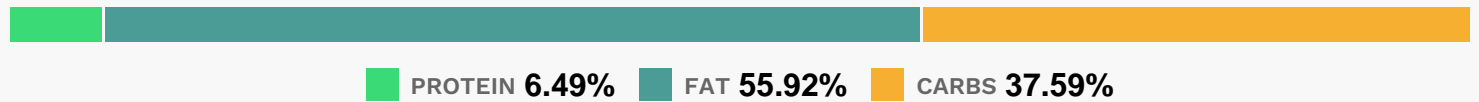
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 375. In a bowl, add the blackberries and the sugar together.
- Let the berries macerate or if you are like me, you wait until it's halfway done. lol I couldn't wait any longer. In a larger bowl, mix the flour, baking powder, salt and milk. Now add the melted butter and mix until it's well blended. Now pour the batter into a ungreased baking dish (next time I'll be greasing it). Now spoon the berries on top of the batter.
- Bake in the oven for 45–55 minutes.
- Serve warm with whip cream or some ice cream. This lasted for about 15 minutes in my house. Yes, it was yummy. 'Nuff said.

Nutrition Facts



Properties

Glycemic Index: 58.35, Glycemic Load: 14.61, Inflammation Score: -6, Nutrition Score: 9.5113043478261%

Flavonoids

Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Taste

Sweetness: 52.08%, Saltiness: 27.17%, Sourness: 12.46%, Bitterness: 8%, Savoriness: 19.19%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 270.07kcal (13.5%), Fat: 17.15g (26.38%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 22.19g (8.07%), Sugar: 6.95g (7.72%), Cholesterol: 45.55mg (15.18%), Sodium: 473.25mg (20.58%), Protein: 4.48g (8.96%), Manganese: 0.53mg (26.6%), Calcium: 153.57mg (15.36%), Vitamin C: 12.6mg (15.27%), Fiber: 3.75g (14.98%), Folate: 53.69µg (13.42%), Vitamin A: 667.01IU (13.34%), Vitamin B1: 0.2mg (13.28%), Vitamin K: 13.39µg (12.75%), Selenium: 8.28µg (11.83%), Phosphorus: 110.53mg (11.05%), Vitamin B2: 0.18mg (10.67%), Vitamin B3: 1.67mg (8.34%), Iron: 1.49mg (8.29%), Vitamin E: 1.17mg (7.82%), Copper: 0.13mg (6.49%), Magnesium: 22.21mg (5.55%), Potassium: 185.38mg (5.3%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.45µg (2.98%), Vitamin B6: 0.05mg (2.63%)