



Blackberry Cobbler



Vegetarian



Popular

READY IN



65 min.

SERVINGS



9

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 4 cups blackberries rinsed
- ☐ 0.5 cup granulated sugar sweet white to taste (less , depends on how the berries are and how you would like your cobbler to be)
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon cinnamon
- ☐ 1.5 tablespoons cornstarch instant (or tapioca)
- ☐ 1 cup all purpose flour
- ☐ 3 tablespoons sugar

- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup milk
- ☐ 1 large eggs lightly beaten

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Put the blackberries, sugar, lemon zest and juice, cinnamon and cornstarch in a 9x9 baking dish. Stir to combine everything and make sure that the berries are all evenly coated with sugar.
- ☐ Let sit for 30 minutes for the berries to macerate so that the sugar dissolves and the berries release their juices.
- ☐ Preheat your oven to 350°F.
- ☐ Make biscuit dough topping: Vigorously whisk together the flour, 3 tablespoons of the sugar, baking powder, and salt in a medium bowl.
- ☐ Cut the butter into the flour mixture with your fingers or a fork until the topping mixture resembles coarse crumbs.
- ☐ Make a well in the center and stir in the milk and beaten egg until the dough is just moistened.
- ☐ Top the cobbler: Scoop up the dough in large spoonfuls, and drop over the berries in the baking dish like cobblestones.
- ☐ Bake for 30 minutes at 350°F, or until the berry mixture is bubbly and the topping is nicely browned.
- ☐ Great served with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:41.69, Glycemic Load:19.2, Inflammation Score:-5, Nutrition Score:7.6573912164439%

Flavonoids

Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 200.78kcal (10.04%), Fat: 6.3g (9.69%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 30.44g (11.07%), Sugar: 18.64g (20.72%), Cholesterol: 34.86mg (11.62%), Sodium: 147.52mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.52mg (26.05%), Vitamin C: 14.37mg (17.42%), Fiber: 3.83g (15.31%), Vitamin K: 13.2µg (12.57%), Folate: 44.58µg (11.15%), Selenium: 6.96µg (9.94%), Vitamin B1: 0.13mg (8.58%), Calcium: 73.9mg (7.39%), Vitamin B2: 0.13mg (7.38%), Iron: 1.23mg (6.83%), Vitamin A: 333.81IU (6.68%), Copper: 0.13mg (6.62%), Vitamin E: 0.97mg (6.45%), Phosphorus: 63.22mg (6.32%), Vitamin B3: 1.25mg (6.25%), Magnesium: 17.81mg (4.45%), Potassium: 140.63mg (4.02%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.36mg (3.58%), Vitamin B6: 0.04mg (2.02%), Vitamin D: 0.28µg (1.86%), Vitamin B12: 0.1µg (1.61%)