



## Blackberry Grunt

 Vegetarian

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**273 kcal**

SIDE DISH

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 6 cups blackberries
- ☐ 2 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon sugar raw to taste

- ☐ 1 cup water
- ☐ 1 cup flour whole wheat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place a piece of aluminum foil on the bottom rack of the oven to catch any drippings.
- ☐ Mix 1 cup all-purpose flour, whole wheat flour, baking powder, salt, and baking soda together in a large bowl. Work 1/4 cup butter into flour mixture using your hands until about half the butter has been incorporated and the rest is in pea-sized pieces.
- ☐ Make a well in the center of the flour-butter mixture; add buttermilk to the well. Stir with a rubber spatula or wooden spoon until dough just comes together.
- ☐ Lightly dust a piece of parchment paper with 1 tablespoon all-purpose flour.
- ☐ Turn dough onto the prepared parchment paper. Shape dough into a ball; wrap parchment paper around dough. Store in refrigerator while preparing the blackberry filling.
- ☐ Mix blackberries, 1 1/4 cup sugar, and water together in a large bowl.
- ☐ Melt 2 tablespoons butter in a 10-inch cast iron skillet over medium heat.
- ☐ Pour blackberry mixture into the melted butter and bring to a simmer. Decrease heat to medium-low; cook and stir until liquid has reduced and is thick enough to coat the back of a spoon, about 15 minutes.
- ☐ Gently drop large spoonfuls of dough evenly into the blackberry mixture; sprinkle with 1 tablespoon sugar.

- ☐ Bake in the preheated oven until lightly browned, 15 to 20 minutes.
- ☐ Remove from oven and allow grunt to cool for 15 to 30 minutes before serving.

# Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:14, Inflammation Score:-8, Nutrition Score:19.86217395119%

## 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 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, Quercetin: 5.16mg

## Nutrients (% of daily need)

Calories: 272.7kcal (13.64%), Fat: 6.52g (10.03%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 48.45g (16.15%), Net Carbohydrates: 38.11g (13.86%), Sugar: 11.1g (12.34%), Cholesterol: 14.43mg (4.81%), Sodium: 650.81mg (28.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 1.89mg (94.47%), Fiber: 10.34g (41.35%), Vitamin C: 30.24mg (36.65%), Selenium: 21.53µg (30.76%), Vitamin K: 29.4µg (28%), Folate: 85.07µg (21.27%), Vitamin B1: 0.31mg (20.78%), Phosphorus: 189.93mg (18.99%), Copper: 0.37mg (18.33%), Calcium: 178.81mg (17.88%), Magnesium: 65.68mg (16.42%), Vitamin B3: 3.19mg (15.95%), Iron: 2.75mg (15.28%), Vitamin B2: 0.24mg (14.34%), Vitamin E: 1.98mg (13.17%), Potassium: 384.22mg (10.98%), Zinc: 1.59mg (10.61%), Vitamin A: 492.58IU (9.85%), Vitamin B5: 0.77mg (7.66%), Vitamin B6: 0.15mg (7.42%), Vitamin D: 0.52µg (3.47%), Vitamin B12: 0.19µg (3.2%)