



Blackberry Grunt

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 9.5 ounces all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 pound blackberries fresh
- ☐ 1 cup buttermilk
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup sugar

- ☐ 2 ounces butter unsalted chilled cut into small pieces and
- ☐ 1 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Place a piece of foil on the bottom rack of the oven to catch any drippings.
- ☐ Place the flour, baking powder, salt and baking soda into the bowl of a food processor and process for 3 to 4 pulses.
- ☐ Pour the mixture into a large mixing bowl and, using your hands, work the butter into the flour mixture until about half of the fat disappears and the rest is left in pea-size pieces. Make a well in the center of the mixture and add the buttermilk and stir with a rubber spatula or wooden spoon just until it comes together. Turn the mixture out onto a piece of parchment or waxed paper that has been lightly dusted with flour, shape into a ball and wrap and store in the refrigerator while you prepare the filling.
- ☐ Combine the blackberries, sugar, water and ginger in a large mixing bowl.
- ☐ Pour the mixture into a 10-inch cast iron skillet and place over medium heat. Bring this to a simmer decrease the heat to medium low and continue to cook, stirring occasionally, for 15 minutes, or until the liquid is thick enough to coat the back of a spoon. Retrieve the dough from the refrigerator and gently drop it on the fruit mixture using a 1-ounce disher or large spoon, evenly distributing it over the top.

- ☐
- Bake in the oven for 15 to 20 minutes, or until the top is just starting to brown.
- ☐
- Remove from the oven and allow the grunt to cool for 15 to 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:37.36, Inflammation Score:-6, Nutrition Score:10.351739085239%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 313.54kcal (15.68%), Fat: 7.43g (11.44%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 53.94g (19.61%), Sugar: 29.28g (32.53%), Cholesterol: 18.54mg (6.18%), Sodium: 466.17mg (20.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Manganese: 0.64mg (32.04%), Folate: 77.51µg (19.38%), Vitamin B1: 0.29mg (19.34%), Selenium: 13.04µg (18.63%), Fiber: 3.93g (15.73%), Vitamin C: 11.91mg (14.43%), Vitamin B2: 0.24mg (14.12%), Vitamin B3: 2.4mg (11.98%), Calcium: 117.91mg (11.79%), Iron: 2.07mg (11.52%), Vitamin K: 11.91µg (11.35%), Phosphorus: 98.15mg (9.82%), Copper: 0.16mg (7.9%), Vitamin A: 347.99IU (6.96%), Vitamin E: 0.87mg (5.79%), Magnesium: 22.73mg (5.68%), Potassium: 172.49mg (4.93%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.43mg (4.26%), Vitamin D: 0.5µg (3.31%), Vitamin B12: 0.15µg (2.5%), Vitamin B6: 0.04mg (2.18%)