



Blackberry-Pear Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 cups blackberries frozen thaw (15 ounces; do not)
- ☐ 3 tablespoons cooking wine dry red
- ☐ 0.5 teaspoon ground cinnamon plus additional for sprinkling
- ☐ 2 teaspoons orange peel finely grated
- ☐ 6 servings powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.8 cup milk whole

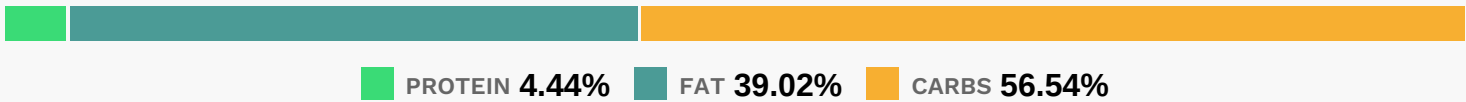
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Butter 2 1/2- quart baking dish with 2-inch-high sides. Gently toss berries, pears, 2/3 cup sugar, wine, peel, and 1/2 teaspoon cinnamon in medium bowl.
- ☐ Whisk flour, baking powder, salt, and remaining 3/4 cup sugar in another medium bowl.
- ☐ Add milk, melted butter, and almond extract; whisk until blended.
- ☐ Spread batter in prepared dish.
- ☐ Place berry-pear mixture atop batter (do not stir).
- ☐ Sprinkle with additional cinnamon.
- ☐ Bake cobbler until crust is set in center and brown at edges, about 1 hour. Cool 30 minutes. Dust with powdered sugar; serve warm with ice cream, if desired.
- ☐ Why not stir the fruit into the batter? Left undisturbed, the batter puffs up around the fruit during baking, forming a crusty edge.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:28.67, Inflammation Score:-7, Nutrition Score:10.318695607393%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 27.26mg, Catechin: 27.26mg, Catechin: 27.26mg, Catechin: 27.26mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 386.35kcal (19.32%), Fat: 16.95g (26.08%), Saturated Fat: 10.33g (64.55%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 50.74g (18.45%), Sugar: 35.1g (39%), Cholesterol: 44.33mg (14.78%), Sodium: 253.48mg (11.02%), Alcohol: 0.9g (100%), Alcohol %: 0.63% (100%), Protein: 4.34g (8.67%), Manganese: 0.64mg (32.03%), Vitamin C: 16.03mg (19.43%), Fiber: 4.54g (18.16%), Vitamin K: 15.79µg (15.03%), Calcium: 147.55mg (14.75%), Folate: 56.9µg (14.23%), Vitamin A: 679.51IU (13.59%), Vitamin B1: 0.2mg (13.12%), Selenium: 8.32µg (11.88%), Vitamin B2: 0.18mg (10.41%), Phosphorus: 103.17mg (10.32%), Iron: 1.6mg (8.89%), Vitamin E: 1.31mg (8.76%), Vitamin B3: 1.74mg (8.72%), Copper: 0.16mg (7.79%), Magnesium: 23.67mg (5.92%), Potassium: 192.74mg (5.51%), Zinc: 0.68mg (4.52%), Vitamin B5: 0.43mg (4.29%), Vitamin D: 0.62µg (4.13%), Vitamin B12: 0.2µg (3.28%), Vitamin B6: 0.05mg (2.57%)