



Blackberry Slump

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 pounds blackberries fresh
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 6 servings accompaniment: vanilla ice cream
- ☐ 0.8 cup milk whole

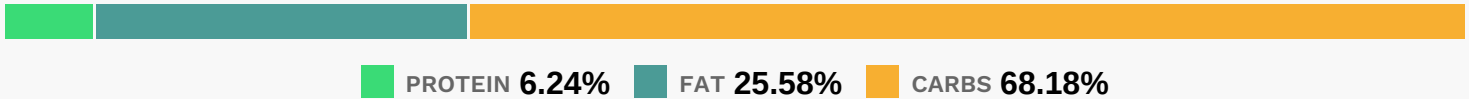
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Put berries in an ungreased 5- to 6-cup gratin dish or deep-dish glass or ceramic pie plate and sprinkle evenly with 3/4 cup sugar.
- ☐ Sift together flour, baking powder, salt, and remaining 1/4 cup sugar into a bowl.
- ☐ Add milk and butter and whisk until smooth, then pour over berries (don't worry if berries are not completely covered).
- ☐ Bake slump in middle of oven until top is golden, 40 to 45 minutes.
- ☐ Transfer to a rack and cool 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:60.18, Glycemic Load:46.01, Inflammation Score:-7, Nutrition Score:14.821304259093%

Flavonoids

Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 441.84kcal (22.09%), Fat: 12.89g (19.83%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 77.28g (25.76%), Net Carbohydrates: 70.24g (25.54%), Sugar: 54.32g (60.35%), Cholesterol: 42.73mg (14.24%), Sodium: 269.68mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Manganese: 0.88mg (44.15%), Vitamin C: 24.21mg (29.34%), Fiber: 7.04g (28.15%), Vitamin K: 23.13µg (22.03%), Calcium: 218.28mg (21.83%), Vitamin B2: 0.34mg (20.05%), Folate: 69.91µg (17.48%), Phosphorus: 170.58mg (17.06%), Vitamin B1: 0.23mg (15.37%), Vitamin A: 686.56IU (13.73%), Selenium: 9.53µg (13.62%), Copper: 0.24mg (11.79%), Vitamin E: 1.66mg (11.07%), Potassium: 385.09mg (11%), Vitamin B3: 2.07mg (10.37%), Iron: 1.86mg (10.32%), Magnesium: 40.53mg (10.13%), Vitamin B5: 0.91mg (9.07%), Zinc: 1.34mg (8.9%), Vitamin B12: 0.43µg (7.17%), Vitamin B6: 0.09mg (4.68%), Vitamin D: 0.54µg (3.58%)