



Blackberry Slump

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 2 Tbsp sugar
- ☐ 2 Tbsp butter
- ☐ 0.3 cup milk whole
- ☐ 4 cups blackberries fresh drained (defrosted and)
- ☐ 0.5 cup sugar sweet (depending on how your berries and how you would like your slump to be)

- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup water
- ☐ 4 servings whipped cream for topping

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ pastry cutter

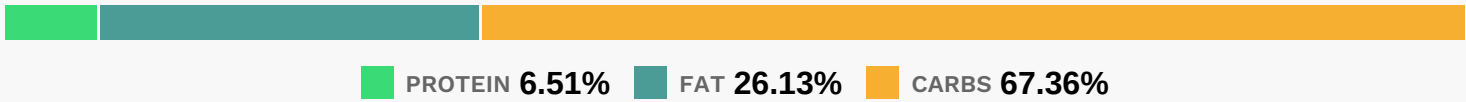
Directions

- ☐ Make the dumplings: In a medium sized bowl, whisk together the flour, baking powder, salt, and sugar.
- ☐ Cut the butter into small cubes and add to the flour. Using a pastry cutter, two knives, or your clean hands, cut the butter into the flour until the flour resembles a coarse meal.
- ☐ Add the milk all at once and stir until the flour is just moistened. Handling the dough as little as possible, form into a ball. Set aside.
- ☐ Heat berries with sugar, cinnamon, lemon, water until boiling: In a 2-qt saucepan, add the berries, sugar, cinnamon, lemon juice, lemon zest, and water.
- ☐ Heat until boiling, stirring a few times so that the berries are well coated with the sauce.
- ☐ Add chunks of dumpling dough: Once the berry mixture is boiling, tear off spoonful chunks from the dough ball and drop onto the fruit around the edges of the pot. You should have enough dough for 6 dumplings.
- ☐ Cover and simmer: Cover the pot and reduce the heat to a simmer. Cook for 25 minutes, without peeking at the dumplings.
- ☐ Place dumplings in serving bowls and top with berries.
- ☐ Serve with cream or ice cream.

☐

Serve hot or chilled.

Nutrition Facts



Properties

Glycemic Index:121.55, Glycemic Load:50.41, Inflammation Score:-8, Nutrition Score:18.452608523162%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 496.36kcal (24.82%), Fat: 14.79g (22.75%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 85.77g (28.59%), Net Carbohydrates: 76.71g (27.89%), Sugar: 53.08g (58.98%), Cholesterol: 46.74mg (15.58%), Sodium: 559.28mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Manganese: 1.17mg (58.68%), Vitamin C: 31.77mg (38.51%), Fiber: 9.06g (36.26%), Vitamin K: 29.4µg (28%), Calcium: 248.86mg (24.89%), Folate: 97.02µg (24.26%), Vitamin B2: 0.39mg (22.78%), Vitamin B1: 0.31mg (20.9%), Phosphorus: 190.08mg (19.01%), Selenium: 13.01µg (18.59%), Vitamin A: 797.08IU (15.94%), Copper: 0.3mg (15.24%), Iron: 2.6mg (14.46%), Vitamin B3: 2.88mg (14.4%), Vitamin E: 2.08mg (13.88%), Potassium: 433.87mg (12.4%), Magnesium: 48.33mg (12.08%), Zinc: 1.54mg (10.25%), Vitamin B5: 1.01mg (10.05%), Vitamin B12: 0.38µg (6.32%), Vitamin B6: 0.1mg (5.14%), Vitamin D: 0.36µg (2.37%)