



Blueberry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



604 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 quart blueberries stemmed
- 1 cup brown sugar light packed
- 1 cup brown sugar light packed
- 1 teaspoon cinnamon
- 3 tablespoons cornstarch
- 1 cup flour
- 1 cup granulated sugar
- 2 tablespoons juice of lemon fresh

- 8 servings salt
- 2 tablespoons butter unsalted melted ()
- 8 servings whipped cream

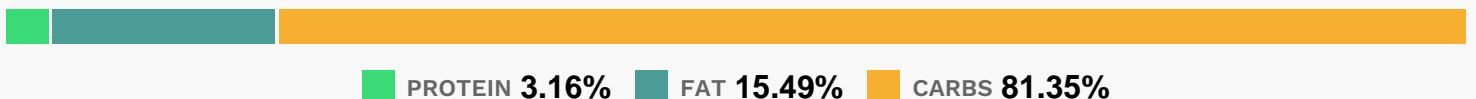
Equipment

- bowl
- baking sheet
- oven
- sieve

Directions

- In a large bowl stir together the cornstarch, sifted, and the granulated sugar and add the blueberries and the lemon juice. Toss the mixture until
- It is combined well and transfer it to a buttered 10-inch (6-cup) deep- dish pie plate. In a bowl combine well the flour, the brown sugar, forced
- Through a sieve, the baking powder, the salt, and the cinnamon, add the butter, and blend the mixture until it resembles coarse meal.
- Add 1/4 cup
- Plus 2 tablespoons boiling water and stir the mixture until it just forms a dough. Drop 1/4 cupfuls of the dough over the blueberry mixture and bake the cobbler on a baking sheet in the middle of a preheated 400F.Oven for 30 to 40 minutes, or until the topping is golden and cooked through.
- Serve the cobbler warm with the ice cream.
- Serves 6.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:41.15, Inflammation Score:-6, Nutrition Score:10.497826086957%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Taste

Sweetness: 100%, Saltiness: 2.88%, Sourness: 23.29%, Bitterness: 16.23%, Savoriness: 3.25%, Fattiness: 16.49%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 604.41kcal (30.22%), Fat: 10.74g (16.52%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 126.85g (42.28%), Net Carbohydrates: 122.95g (44.71%), Sugar: 104.22g (115.8%), Cholesterol: 36.57mg (12.19%), Sodium: 317.45mg (13.8%), Protein: 4.93g (9.85%), Manganese: 0.59mg (29.6%), Vitamin K: 23.4µg (22.28%), Calcium: 172.95mg (17.3%), Vitamin B2: 0.29mg (17.1%), Vitamin C: 13.33mg (16.16%), Fiber: 3.89g (15.58%), Vitamin B1: 0.19mg (12.97%), Phosphorus: 115.22mg (11.52%), Selenium: 7.55µg (10.78%), Folate: 40.41µg (10.1%), Potassium: 318.81mg (9.11%), Iron: 1.61mg (8.97%), Vitamin A: 430.17IU (8.6%), Vitamin B3: 1.56mg (7.81%), Copper: 0.14mg (6.82%), Vitamin B5: 0.68mg (6.81%), Vitamin E: 0.97mg (6.5%), Magnesium: 25.4mg (6.35%), Vitamin B6: 0.12mg (6.24%), Zinc: 0.79mg (5.23%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.18µg (1.23%)