



Blueberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 6 cups blueberries fresh
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons milk 2% reduced-fat

- ☐ 0.3 teaspoon salt
- ☐ 1 cup cream fat-free sour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare filling, combine first 4 ingredients in an 11 x 7-inch baking dish.
- ☐ To prepare topping, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through baking soda) in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in sour cream to form a soft dough.
- ☐ Drop dough by spoonfuls onto blueberry filling to form 8 dumplings.
- ☐ Brush dumplings with milk; sprinkle with 1 teaspoon sugar.
- ☐ Place baking dish on a jelly roll pan.
- ☐ Bake at 350 for 50 minutes or until filling is bubbly and dumplings are lightly browned.

Nutrition Facts



Properties

Glycemic Index:58.41, Glycemic Load:25.23, Inflammation Score:-6, Nutrition Score:8.478260776271%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 279.42kcal (13.97%), Fat: 7.82g (12.03%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 47.24g (17.18%), Sugar: 23.33g (25.93%), Cholesterol: 21.85mg (7.28%), Sodium: 247.9mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Manganese: 0.52mg (25.88%), Vitamin K: 22.11µg (21.06%), Vitamin B1: 0.22mg (14.59%), Vitamin C: 11.1mg (13.46%), Fiber: 3.27g (13.09%), Selenium: 9.06µg (12.94%), Vitamin B2: 0.21mg (12.2%), Folate: 48.52µg (12.13%), Vitamin B3: 1.72mg (8.62%), Phosphorus: 78.91mg (7.89%), Calcium: 77.15mg (7.71%), Iron: 1.34mg (7.44%), Vitamin A: 357.78IU (7.16%), Vitamin E: 0.85mg (5.67%), Copper: 0.1mg (5.02%), Potassium: 155.61mg (4.45%), Magnesium: 15.11mg (3.78%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.51mg (3.37%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.13µg (2.18%)