



Blueberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



617 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 pints blueberries
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 tablespoons butter unsalted cold cut into pieces

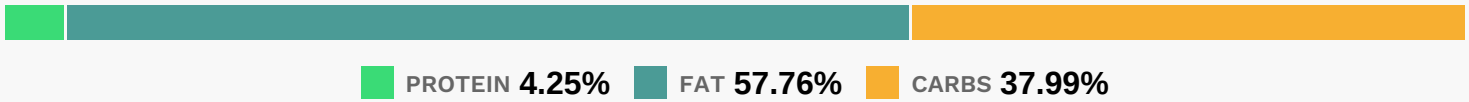
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375 F. In a shallow 1 1/2-quart baking dish or a 9-inch deep-dish pie plate, toss the blueberries, 1/3 cup sugar, and 1 tablespoon flour.In a medium bowl, combine the baking powder, salt, lemon zest, and the remaining flour and sugar.
- ☐ Add the butter and blend with your fingers or 2 knives until coarse crumbs form.
- ☐ Add 3/4 cup plus 2 tablespoons cream and mix until a shaggy dough forms.Drop mounds of dough over the blueberry mixture.
- ☐ Bake until the berries are bubbling and the top is golden, 35 to 40 minutes.
- ☐ Serve with the remaining cream for drizzling, if desired.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:32.98, Inflammation Score:-8, Nutrition Score:14.532173789066%

Flavonoids

Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg Petunidin: 49.73mg, Petunidin: 49.73mg, Petunidin: 49.73mg, Petunidin: 49.73mg Delphinidin: 55.88mg, Delphinidin: 55.88mg, Delphinidin: 55.88mg, Delphinidin: 55.88mg Malvidin: 106.61mg, Malvidin: 106.61mg, Malvidin: 106.61mg, Malvidin: 106.61mg Peonidin: 32mg, Peonidin: 32mg, Peonidin: 32mg, Peonidin: 32mg Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 617.41kcal (30.87%), Fat: 40.86g (62.86%), Saturated Fat: 25.53g (159.57%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 55.8g (20.29%), Sugar: 29.22g (32.47%), Cholesterol: 119.75mg (39.92%), Sodium: 263.52mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Manganese: 0.75mg (37.26%), Vitamin K: 34.05µg (32.43%), Vitamin A: 1601.4IU (32.03%), Vitamin B2: 0.38mg (22.08%), Vitamin B1: 0.32mg (21.36%), Vitamin C: 16.21mg (19.64%), Selenium: 13.34µg (19.06%), Fiber: 4.67g (18.67%), Folate: 70.29µg (17.57%), Calcium: 148.84mg (14.88%), Vitamin E: 1.97mg (13.16%), Phosphorus: 131.3mg (13.13%), Vitamin B3: 2.56mg (12.81%), Iron: 2.13mg (11.83%), Vitamin D: 1.48µg (9.86%), Copper: 0.15mg (7.36%), Potassium: 234.65mg (6.7%), Vitamin B6: 0.12mg (6.23%), Magnesium: 22.58mg (5.65%), Vitamin B5: 0.55mg (5.51%), Zinc: 0.68mg (4.51%), Vitamin B12: 0.15µg (2.51%)