

# Blueberry Cream Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



765 kcal

DESSERT

## Ingredients

- 1 tablespoon double-acting baking powder
- 1 lemon zest
- 3 cups flour all-purpose
- 2 cups cup heavy whipping cream divided
- 3 tablespoons butter cooled melted
- 2 tablespoons tapioca flour
- 1 cups half and half
- 2 pints blueberries washed

- 2 teaspoons salt
- 0.5 cup granulated sugar

## Equipment

- bowl
- baking sheet
- oven
- whisk
- ramekin
- baking pan

## Directions

- Preheat oven to 425 degrees Fahrenheit.
- Whisk to combine flour, 2 tablespoons sugar, salt, and baking powder in a bowl.
- Add one cup heavy cream and one cup half and half. Gently fold the liquid into the dry ingredients, taking care not to work the dough.
- Add additional half and half in small drizzles as needed, until the dough is slightly sticky. Some dry spots are OK; it is important not to over-work the dough.
- Turn the dough out onto a lightly floured work surface. Dust the top with flour, and gently press the dough into a flat circle with your fingers, about 1 inch thick.
- Use a floured cutter to cut the dough into shapes.
- Cut the shapes as close together as you can to get the most out of the dough piece.
- Push what is left after you've cut your first round of shapes back together. Do not fold or mix. Finish cutting the dough.
- Rub the lemon zest and 1/2 cup of granulated sugar together between your fingers, then whisk the cornstarch into the sugar mixture.
- Toss the blueberries in the sugar mixture, then put them in your baking dish or evenly distribute them between six ramekins.
- Top the blueberries with the cream biscuits. The biscuits may be placed so they are almost touching one another.

- Brush the tops of the biscuits with melted butter, then sprinkle with granulated sugar.
- Place the baking dish or ramekins on a baking sheet (very important! the blueberries will bubble over and create a mess) and bake until the tops of the biscuits are golden brown and the blueberries are bubbling all over, rotating halfway through. For ramekins the total time is approximately 20 minutes, and for baking dishes the total time is approximately 30 minutes.
- Whip one cup cold heavy cream to soft peaks. If using baking dish, portion cobbler onto plates. Top each cobbler with whipped cream and serve warm.

## Nutrition Facts

**PROTEIN 5.73%**

**FAT 46.15%**

**CARBS 48.12%**

### Properties

Glycemic Index:54.52, Glycemic Load:54.28, Inflammation Score:-9, Nutrition Score:20.050869288652%

### 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: 764.74kcal (38.24%), Fat: 40.14g (61.76%), Saturated Fat: 24.82g (155.13%), Carbohydrates: 94.19g (31.4%), Net Carbohydrates: 88.61g (32.22%), Sugar: 36.54g (40.6%), Cholesterol: 118.81mg (39.6%), Sodium: 1081.25mg (47.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.43%), Manganese: 0.96mg (48.01%), Vitamin B1: 0.58mg (38.53%), Selenium: 25.2µg (36%), Vitamin B2: 0.61mg (35.72%), Vitamin K: 34.18µg (32.55%), Folate: 128.56µg (32.14%), Vitamin A: 1569.58IU (31.39%), Calcium: 235.54mg (23.55%), Fiber: 5.58g (22.33%), Vitamin B3: 4.45mg (22.25%), Phosphorus: 216.72mg (21.67%), Vitamin C: 17.43mg (21.13%), Iron: 3.72mg (20.65%), Vitamin E: 1.93mg (12.88%), Copper: 0.2mg (9.76%), Potassium: 321.64mg (9.19%), Vitamin D: 1.27µg (8.46%), Magnesium: 33.65mg (8.41%), Vitamin B5: 0.8mg (7.99%), Vitamin B6: 0.16mg (7.97%), Zinc: 1.05mg (7%), Vitamin B12: 0.22µg (3.59%)