



Blueberry-Drop Biscuit Cobbler

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 pounds blueberries fresh
- ☐ 0.5 cup crème fraîche sour
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 3 tablespoons sugar

☐ 6 tablespoons butter unsalted chilled cut into 1/2" pieces ()

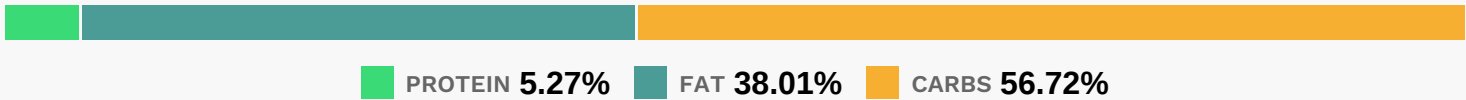
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk 1 1/2 cups flour, 3 tablespoons sugar, baking powder, and salt in a large bowl.
- ☐ Add butter; using your fingertips, incorporate until only pea-size lumps remain. Gently mix in crème fraîche. Knead in bowl until a biscuit-like dough forms, 5–7 turns (overmixing will make dough tough).
- ☐ Combine remaining 1 cup sugar, remaining 3 tablespoons flour, berries, juice, and zest in a large bowl. Toss to coat.
- ☐ Pour into an 8x8x2" glass baking dish or divide among six 6-ounce ramekins. Tear biscuit topping into quarter-size crumbs; scatter over berries.
- ☐ Bake cobbler until juices are thick and bubbling and topping is cooked through and deep golden brown, 20–25 minutes for ramekins or 45–50 minutes for baking dish.
- ☐ Let cool for at least 1 hour.
- ☐ Per serving: 340 calories, 13 g fat, 6 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:21.76, Inflammation Score:-6, Nutrition Score:8.7973912928415%

Flavonoids

Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg Catechin: 6mg, Catechin: 6mg, Catechin: 6mg, Catechin: 6mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg 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: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 272.6kcal (13.63%), Fat: 11.93g (18.36%), Saturated Fat: 6.92g (43.22%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 36.62g (13.32%), Sugar: 16.47g (18.3%), Cholesterol: 31.06mg (10.35%), Sodium: 232.18mg (10.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Manganese: 0.54mg (27.2%), Vitamin K: 22.91µg (21.82%), Vitamin C: 13.55mg (16.42%), Vitamin B1: 0.23mg (15.38%), Fiber: 3.45g (13.79%), Folate: 51.72µg (12.93%), Selenium: 8.73µg (12.48%), Vitamin B2: 0.19mg (11.29%), Vitamin B3: 1.88mg (9.41%), Iron: 1.51mg (8.4%), Vitamin A: 413.79IU (8.28%), Calcium: 72.79mg (7.28%), Phosphorus: 69.19mg (6.92%), Vitamin E: 0.97mg (6.44%), Copper: 0.1mg (5.22%), Potassium: 138.22mg (3.95%), Vitamin B6: 0.08mg (3.93%), Magnesium: 14.15mg (3.54%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.41mg (2.71%), Vitamin D: 0.16µg (1.05%)