



Brown Sugar Berry Cobbler

 Vegetarian

READY IN



1500 min.

SERVINGS



6

CALORIES



599 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.8 cup t brown sugar dark divided packed (depending on sweetness of berries)
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon granulated sugar
- ☐ 2.8 pound berries mixed trimmed halved (strawberries and if using)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 sticks butter unsalted cold cut into pieces

☐ 0.8 cup milk whole

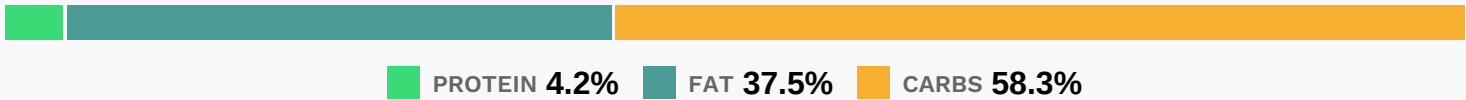
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Stir together 3/4 to 1 cup brown sugar and cornstarch in a large bowl.
- ☐ Add berries and toss to coat.
- ☐ Transfer mixture to a shallow 3-quart baking dish and bake until mixture is hot, about 12 minutes.
- ☐ Meanwhile, whisk together flour, baking powder, and salt in a medium bowl.
- ☐ Add butter and blend with your fingertips or a pastry blender until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Add milk and stir until dough just comes together.
- ☐ Remove baking dish from oven and drop 12 mounds of dough onto hot berries. Stir together remaining teaspoon brown sugar and granulated sugar and sprinkle over dough.
- ☐ Bake cobbler until topping is golden, 25 to 30 minutes. Cool to warm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:24.35, Inflammation Score:-7, Nutrition Score:14.403478332188%

Flavonoids

Cyanidin: 9.06mg, Cyanidin: 9.06mg, Cyanidin: 9.06mg, Cyanidin: 9.06mg Petunidin: 37.75mg, Petunidin: 37.75mg, Petunidin: 37.75mg, Petunidin: 37.75mg Delphinidin: 44.88mg, Delphinidin: 44.88mg, Delphinidin: 44.88mg, Delphinidin: 44.88mg Malvidin: 103.22mg, Malvidin: 103.22mg, Malvidin: 103.22mg, Malvidin: 103.22mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 3.66mg, Myricetin: 3.66mg, Myricetin: 3.66mg, Myricetin: 3.66mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg

Nutrients (% of daily need)

Calories: 599.02kcal (29.95%), Fat: 25.63g (39.43%), Saturated Fat: 15.25g (95.34%), Carbohydrates: 89.65g (29.88%), Net Carbohydrates: 82.88g (30.14%), Sugar: 46.5g (51.67%), Cholesterol: 64.4mg (21.47%), Sodium: 360.74mg (15.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin K: 36.29µg (34.56%), Manganese: 0.61mg (30.61%), Vitamin B1: 0.41mg (27.47%), Fiber: 6.77g (27.08%), Folate: 91.93µg (22.98%), Selenium: 15.63µg (22.32%), Vitamin B2: 0.33mg (19.68%), Vitamin B3: 3.62mg (18.08%), Vitamin A: 851.01IU (17.02%), Calcium: 168.54mg (16.85%), Iron: 2.67mg (14.85%), Phosphorus: 136.2mg (13.62%), Vitamin E: 1.69mg (11.29%), Vitamin B6: 0.17mg (8.59%), Copper: 0.15mg (7.42%), Potassium: 246.37mg (7.04%), Magnesium: 26.73mg (6.68%), Vitamin C: 5.2mg (6.3%), Vitamin B5: 0.62mg (6.24%), Vitamin D: 0.76µg (5.06%), Zinc: 0.6mg (3.99%), Vitamin B12: 0.21µg (3.55%)