



## Cherry Cobbler

READY IN



45 min.

SERVINGS



6

CALORIES



685 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 3 tablespoons butter
- 2.5 pounds cherries fresh pitted
- 3 tablespoons cornstarch
- 1 large eggs
- 1 cup flour all-purpose
- 6 servings ice cream

- 1 tablespoon lemon rind grated
- 0.5 cup milk
- 0.5 teaspoon salt
- 1.5 cups sugar divided
- 1 teaspoon vanilla extract
- 0.5 cup water

## Equipment

- sauce pan
- oven
- mixing bowl
- wire rack
- baking pan
- hand mixer
- aluminum foil

## Directions

- Bring cherries, 3/4 cup sugar, cornstarch, 1/2 cup water, and, if desired, food coloring to a boil in a medium saucepan, stirring constantly. Boil, stirring constantly, 1 minute.
- Remove from heat; stir in 3 tablespoons butter, lemon rind, and almond extract.
- Pour into a lightly greased 11- x 7-inch baking dish.
- Combine remaining 3/4 cup sugar, flour, baking powder, and salt in a large mixing bowl.
- Add milk, 1/4 cup butter, and vanilla, and beat at medium speed with an electric mixer 2 minutes.
- Add egg, and beat 2 more minutes. Spoon batter evenly over cherry mixture.
- Bake at 350 for 40 to 45 minutes or until golden, shielding with aluminum foil during the last 10 minutes to prevent excessive browning, if necessary. Cool in dish on a wire rack 15 to 20 minutes.
- Serve warm with ice cream.
- \*3 (5 ounce) cans pitted tart red cherries can be substituted.

Drain cherries, reserving 1/2 cup juice. Substitute reserved juice for 1/2 cup water.

## Nutrition Facts

 **PROTEIN 4.74%**  **FAT 28.99%**  **CARBS 66.27%**

### Properties

Glycemic Index:59.68, Glycemic Load:61.94, Inflammation Score:-7, Nutrition Score:12.414347918137%

### Flavonoids

Cyanidin: 57.1mg, Cyanidin: 57.1mg, Cyanidin: 57.1mg, Cyanidin: 57.1mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 2.84mg, Peonidin: 2.84mg, Peonidin: 2.84mg, Peonidin: 2.84mg Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 9.45mg, Epicatechin: 9.45mg, Epicatechin: 9.45mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

### Nutrients (% of daily need)

Calories: 684.94kcal (34.25%), Fat: 22.7g (34.92%), Saturated Fat: 7.97g (49.84%), Carbohydrates: 116.77g (38.92%), Net Carbohydrates: 111.64g (40.59%), Sugar: 89.3g (99.22%), Cholesterol: 62.48mg (20.83%), Sodium: 494.42mg (21.5%), Alcohol: 0.29g (100%), Alcohol %: 0.09% (100%), Protein: 8.36g (16.71%), Vitamin B2: 0.41mg (23.94%), Vitamin A: 1065.97IU (21.32%), Fiber: 5.14g (20.55%), Calcium: 188.69mg (18.87%), Phosphorus: 187.61mg (18.76%), Vitamin C: 14.95mg (18.12%), Potassium: 626.24mg (17.89%), Vitamin B1: 0.26mg (17.25%), Selenium: 11.62µg (16.59%), Manganese: 0.29mg (14.47%), Folate: 53.2µg (13.3%), Iron: 1.98mg (11%), Vitamin B5: 1.07mg (10.72%), Magnesium: 39.3mg (9.82%), Copper: 0.18mg (8.76%), Vitamin B3: 1.64mg (8.18%), Vitamin B6: 0.16mg (8.17%), Vitamin B12: 0.46µg (7.63%), Vitamin E: 0.95mg (6.35%), Zinc: 0.94mg (6.25%), Vitamin K: 4.32µg (4.11%), Vitamin D: 0.52µg (3.48%)