



Chocolate-Cherry Cobbler

READY IN



40 min.

SERVINGS



6

CALORIES



162 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar packed
- 2 tablespoons cornstarch
- 16 ounces cherries red packed in water, undrained pitted canned
- 0.3 teaspoon almond extract
- 6 drops food coloring red
- 0.5 cup flour all-purpose
- 1 tablespoon cocoa powder
- 1 tablespoon brown sugar packed
- 0.8 teaspoon double-acting baking powder

- 0.1 teaspoon salt
- 2 tablespoons butter
- 0.3 cup milk low-fat
- 1 teaspoon vanilla

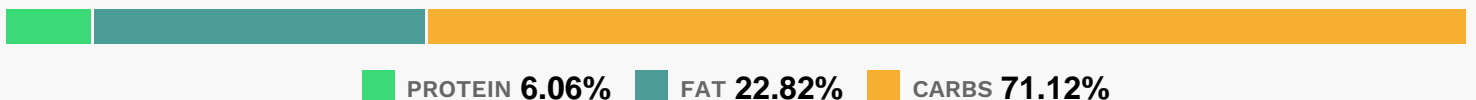
Equipment

- bowl
- sauce pan
- oven
- blender

Directions

- Heat oven to 375°F.
- Mix 2 tablespoons brown sugar and the cornstarch in 2-quart saucepan. Stir in cherries. Cook over medium heat 4 to 5 minutes, stirring occasionally, until slightly thickened. Stir in almond extract and food color.
- Pour into ungreased 1-quart casserole.
- Mix flour, cocoa, 1 tablespoon brown sugar, the baking powder and salt in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk and vanilla until mixture forms a soft dough. Drop dough by 6 spoonfuls onto hot cherry mixture.
- Bake uncovered 20 to 25 minutes or until topping is no longer doughy.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:4.4573913320251%

Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 162.26kcal (8.11%), Fat: 4.25g (6.54%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.61g (10.04%), Sugar: 16.3g (18.11%), Cholesterol: 0.66mg (0.22%), Sodium: 152.95mg (6.65%), Alcohol: 0.29g (100%), Alcohol %: 0.32% (100%), Protein: 2.54g (5.08%), Fiber: 2.2g (8.81%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.11mg (7.39%), Calcium: 64.91mg (6.49%), Vitamin C: 5.3mg (6.43%), Potassium: 223.85mg (6.4%), Phosphorus: 59.41mg (5.94%), Vitamin B2: 0.1mg (5.84%), Selenium: 4.07µg (5.82%), Folate: 22.72µg (5.68%), Iron: 0.98mg (5.46%), Copper: 0.1mg (4.85%), Vitamin A: 241.01IU (4.82%), Magnesium: 17.34mg (4.33%), Vitamin B3: 0.78mg (3.88%), Vitamin B6: 0.05mg (2.68%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.24mg (1.62%), Vitamin K: 1.65µg (1.57%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.21mg (1.38%)