



## Chocolate Cobbler

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

DESSERT

### Ingredients

- 6 tablespoons butter
- 0.5 cup milk
- 1 cup self-rising flour
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1.5 cups water boiling
- 1 cup sugar white

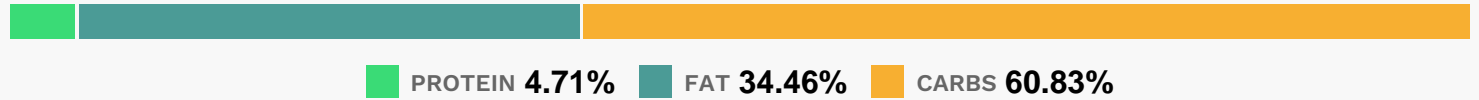
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Melt butter in an 8x8 inch baking dish while the oven preheats.
- In a medium bowl, stir together the flour, 3/4 cup sugar, and 1 1/2 tablespoons cocoa. Stir in milk and vanilla until smooth. Spoon this batter over the melted butter in the baking dish.
- Stir together the remaining cup of sugar and 1/4 cup cocoa powder.
- Sprinkle over the batter. Slowly pour boiling water over the top of the mixture.
- Bake for 30 minutes in the preheated oven, until set.
- Serve slightly warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:28.14, Glycemic Load:25.07, Inflammation Score:-3, Nutrition Score:3.309565183909%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 244.66kcal (12.23%), Fat: 9.71g (14.94%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 37.2g (13.53%), Sugar: 25.85g (28.72%), Cholesterol: 24.41mg (8.14%), Sodium: 76.7mg (3.33%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.99g (5.98%), Manganese: 0.23mg (11.48%), Selenium: 7.13µg (10.19%), Copper: 0.14mg (6.98%), Vitamin A: 287.41IU (5.75%), Fiber: 1.37g (5.48%), Phosphorus: 52.83mg (5.28%), Magnesium: 19.86mg (4.97%), Iron: 0.53mg (2.94%), Calcium: 28.7mg (2.87%), Vitamin B2: 0.05mg (2.69%), Zinc: 0.4mg (2.64%), Potassium: 83.11mg (2.37%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.1µg (1.67%), Vitamin B1: 0.02mg (1.58%), Folate: 6.33µg (1.58%), Vitamin B5: 0.14mg (1.44%), Vitamin B3: 0.24mg (1.19%), Vitamin D: 0.17µg (1.12%)