



# Cobble Topped Blackberries

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

249 kcal

SIDE DISH

## Ingredients

- ☐ 4 cups blackberries fresh
- ☐ 2 tablespoons butter
- ☐ 0.7 cup cornmeal white stone-ground
- ☐ 0.8 cup brown sugar light divided
- ☐ 1 pinch salt
- ☐ 1 teaspoon self-rising flour

## Equipment

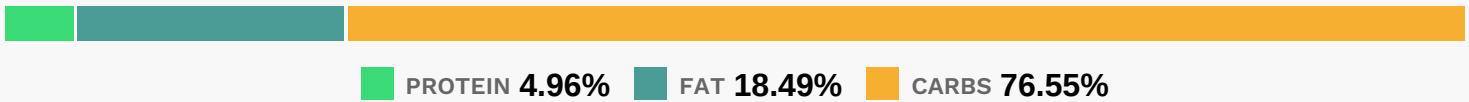
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ ramekin

## Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Combine the blackberries, 1/4 cup sugar and 1 teaspoon of flour in a mixing bowl. Allow it to sit until the berries begin to soften and juices flow, about 3 to 5 minutes. Meanwhile, grease 6 (8-ounce) ramekins using 2 tablespoons butter and arrange them on a baking sheet. Divide the berries among the ramekins.
- ☐ Cut 1 cup of butter into cubes and freeze. In a bowl, combine the remaining 1/2 cup sugar, remaining 1/2 cup of flour, the cornmeal and the salt.
- ☐ Cut in the butter with a fork to make a pea-like texture and sprinkle it on top of the berries in the ramekins.
- ☐ Bake until the berries bubble and the topping is baked to a light golden color, approximately 25 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.08, Glycemic Load:8.92, Inflammation Score:-6, Nutrition Score:9.2082609560179%

## Flavonoids

Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

## Nutrients (% of daily need)

Calories: 248.58kcal (12.43%), Fat: 5.3g (8.16%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 42.63g (15.5%), Sugar: 31.64g (35.15%), Cholesterol: 10.03mg (3.34%), Sodium: 45.84mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Manganese: 0.75mg (37.72%), Fiber: 6.76g (27.03%), Vitamin C: 20.16mg (24.44%), Vitamin K: 19.37µg (18.45%), Copper: 0.21mg (10.74%), Magnesium: 40.78mg (10.19%), Vitamin E: 1.3mg (8.66%), Folate: 30.56µg (7.64%), Iron: 1.32mg (7.35%), Vitamin B6: 0.14mg (7.23%), Potassium: 250.52mg (7.16%), Zinc: 1.07mg (7.15%), Vitamin A: 322.07IU (6.44%), Phosphorus: 63.49mg (6.35%), Vitamin B3: 1.09mg (5.46%), Calcium: 52.91mg (5.29%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.41mg (4.13%), Selenium: 1.99µg (2.84%), Vitamin B2: 0.04mg (2.54%)