



Cobbler Custard Cups

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- 1.5 cups blackberries fresh
- 3 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1.5 cups peaches fresh peeled chopped (2 large)
- 5.3 oz sugar cookies coarsely chopped
- 1 pt premium vanilla ice cream melted

Equipment

- frying pan

oven

whisk

Directions

Preheat oven to 35

Divide blackberries and peaches between 8 lightly greased 6-oz. custard cups (about 1/3 cup per custard cup).

Pour melted ice cream into flour in a slow, steady stream, whisking constantly until smooth; whisk in eggs.

Pour mixture over fruit in custard cups. Top with sugar cookies.

Place custard cups on a 15- x 10-inch jelly-roll pan.

Bake at 350 for 20 to 25 minutes or until custard is set. Cool on pan 40 minutes.

Note: For testing purposes only, we used Hagen-Dazs Vanilla Ice Cream and Pepperidge Farm Sugar Home Style Cookies. We also tested with Blue Bell Homemade Vanilla Ice Cream.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:24.7, Inflammation Score:-4, Nutrition Score:7.1908695386804%

Flavonoids

Cyanidin: 27.54mg, Cyanidin: 27.54mg, Cyanidin: 27.54mg, Cyanidin: 27.54mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 11.43mg, Catechin: 11.43mg, Catechin: 11.43mg, Catechin: 11.43mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 258.83kcal (12.94%), Fat: 8.6g (13.23%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 38.73g (14.08%), Sugar: 34.93g (38.81%), Cholesterol: 95.77mg (31.92%), Sodium: 78.23mg (3.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin B2: 0.27mg (15.67%), Selenium: 8.97µg (12.82%), Phosphorus: 115.74mg (11.57%), Manganese: 0.23mg (11.47%), Vitamin A: 502.17IU (10.04%), Calcium: 95.97mg (9.6%), Fiber: 2.38g (9.53%), Vitamin C: 7.21mg (8.74%), Vitamin B5: 0.77mg (7.67%), Folate: 27.4µg (6.85%), Vitamin B12: 0.4µg (6.63%), Potassium: 227.1mg (6.49%), Vitamin K: 6.46µg (6.15%), Vitamin E: 0.9mg (6.02%), Zinc: 0.89mg (5.92%), Copper: 0.1mg (5.06%), Vitamin B1: 0.07mg (4.98%), Magnesium: 19.1mg (4.77%), Iron: 0.84mg (4.65%), Vitamin B6: 0.08mg (3.87%), Vitamin B3: 0.72mg (3.6%), Vitamin D: 0.49µg (3.29%)