



Country Fruit Cobbler

READY IN



70 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 1 cup flour all-purpose
- 1 cup sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.8 cup milk
- 4 cups blueberries fresh thawed drained sliced (and) (or combination of fruit)

Equipment

bowl

oven

Directions

Heat oven to 350°F. In 1 1/2-quart casserole, melt butter in oven.

Meanwhile, in medium bowl, mix flour, sugar, baking powder, salt and milk.

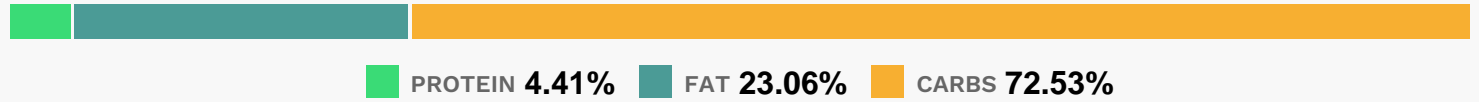
Pour batter into casserole onto butter without mixing with butter.

Spread fruit over batter.

Bake about 1 hour or until top is golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:40.43, Inflammation Score:-6, Nutrition Score:8.4791304339533%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 347.42kcal (17.37%), Fat: 9.23g (14.19%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 62.35g (22.67%), Sugar: 44.62g (49.57%), Cholesterol: 3.66mg (1.22%), Sodium: 340.75mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 0.48mg (23.83%), Vitamin K: 19.2µg (18.28%), Vitamin B1: 0.22mg (14.54%), Calcium: 128.14mg (12.81%), Fiber: 2.93g (11.73%), Vitamin C: 9.59mg (11.62%), Vitamin B2: 0.2mg (11.49%), Selenium: 7.94µg (11.35%), Folate: 44.14µg (11.03%), Phosphorus: 96.53mg

(9.65%), Vitamin A: 441.01IU (8.82%), Vitamin B3: 1.68mg (8.38%), Iron: 1.41mg (7.82%), Vitamin E: 0.88mg (5.89%), Copper: 0.09mg (4.45%), Potassium: 148.94mg (4.26%), Vitamin B6: 0.08mg (4%), Magnesium: 14.81mg (3.7%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.17µg (2.9%), Zinc: 0.43mg (2.88%), Vitamin D: 0.34µg (2.24%)