



Country Fruit Cobbler

READY IN



70 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

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

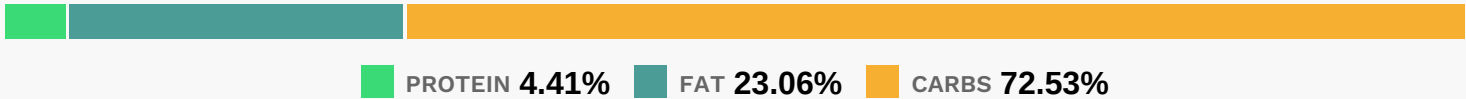
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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%)