



Crumbly Blackberry Cobbler

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



142 kcal

DESSERT

Ingredients

- 4 cups blackberries fresh
- 0.3 cup brown sugar
- 0.3 cup butter melted
- 1 cup cornflakes cereal crushed
- 3 tablespoons cornstarch
- 1 cup flour all-purpose
- 0.5 cup old-fashioned rolled oats
- 0.5 teaspoon pumpkin pie spice

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water cold
- 2 tablespoons water cold or as needed
- 0.5 cup sugar white

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- broiler
- pastry cutter

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a saucepan, whisk the cornstarch with 1/4 cup of cold water until thoroughly combined and smooth. Stir in the blackberries, white sugar, and 1/2 cup brown sugar, and bring to a boil over medium heat. Stir until the filling thickens, about 2 minutes, then remove from heat and stir in vanilla extract.
- Pour into a 9x13-inch baking dish; set aside.
- In a bowl, mix the cornflakes crumbs, flour, rolled oats, 1/3 cup brown sugar, pumpkin pie spice, and salt.
- Cut in 1/4 cup of butter with a pastry cutter until the mixture resembles coarse crumbs; stir in water, 1 tablespoon at a time, just until the crust begins to hold together.
- Sprinkle the crust over the berries, and drizzle with melted butter.
- Bake the cobbler in the preheated oven until the crust begins to brown, about 10 minutes. Turn the oven's broiler on, and broil the cobbler until the crust is golden brown, about 2 more minutes.

Nutrition Facts

PROTEIN 5.33% FAT 21.98% CARBS 72.69%

Properties

Glycemic Index:17.34, Glycemic Load:10.29, Inflammation Score:-4, Nutrition Score:5.3178261233413%

Flavonoids

Cyanidin: 38.38mg, Cyanidin: 38.38mg, Cyanidin: 38.38mg, Cyanidin: 38.38mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.23mg, Catechin: 14.23mg, Catechin: 14.23mg, Catechin: 14.23mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 142.22kcal (7.11%), Fat: 3.55g (5.47%), Saturated Fat: 2g (12.5%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 23.81g (8.66%), Sugar: 13.54g (15.04%), Cholesterol: 8.13mg (2.71%), Sodium: 118.1mg (5.13%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 1.94g (3.88%), Manganese: 0.42mg (21.09%), Fiber: 2.62g (10.48%), Vitamin C: 8.47mg (10.27%), Folate: 32.56µg (8.14%), Vitamin K: 7.97µg (7.59%), Iron: 1.34mg (7.44%), Vitamin B1: 0.11mg (7.39%), Selenium: 4.1µg (5.86%), Vitamin B3: 1.11mg (5.57%), Vitamin B2: 0.09mg (5.09%), Copper: 0.09mg (4.74%), Vitamin A: 210.23IU (4.2%), Vitamin E: 0.56mg (3.71%), Magnesium: 14.72mg (3.68%), Phosphorus: 31.84mg (3.18%), Vitamin B6: 0.05mg (2.69%), Potassium: 92.49mg (2.64%), Zinc: 0.39mg (2.59%), Calcium: 19.66mg (1.97%), Vitamin B5: 0.19mg (1.88%), Vitamin B12: 0.1µg (1.66%)