

Easy Batter Fruit Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 4 tablespoons butter
- 0.8 cup flour all-purpose
- 2 cups fruit fresh whole frozen sliced (or a 12-ounce package of berries)
- 0.8 cup milk
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 tablespoon sugar

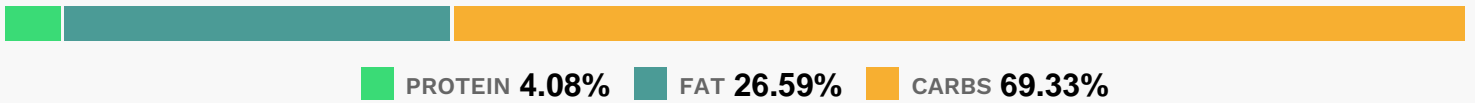
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Adjust oven rack to upper-middle position, and heat oven to 350 degrees.
- Put butter in an 8-inch square or 9-inch round pan; set in oven to melt. When butter has melted, remove pan from oven.
- Whisk flour, 3/4 cup of sugar, baking powder and salt in small bowl.
- Add milk; whisk to form a smooth batter.
- Pour batter into pan, then scatter fruit over batter.
- Sprinkle with remaining 1 Tb. of sugar.
- Bake until batter browns and fruit bubbles, 50 to 60 minutes.
- Serve warm or at room temperature with a dollop of whipped cream or a small scoop of vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:98.8, Glycemic Load:42.28, Inflammation Score:-6, Nutrition Score:7.646521848181%

Nutrients (% of daily need)

Calories: 437.14kcal (21.86%), Fat: 13.3g (20.46%), Saturated Fat: 8.1g (50.59%), Carbohydrates: 78.01g (26%), Net Carbohydrates: 75.47g (27.45%), Sugar: 56.02g (62.25%), Cholesterol: 35.59mg (11.86%), Sodium: 365.55mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin A: 781.84IU (15.64%), Vitamin B1: 0.22mg (14.97%), Selenium: 9.2µg (13.14%), Vitamin B2: 0.22mg (12.93%), Calcium: 128.33mg (12.83%), Folate: 45.68µg (11.42%), Phosphorus: 111.01mg (11.1%), Fiber: 2.53g (10.12%), Manganese: 0.2mg (9.79%), Vitamin B3: 1.9mg (9.51%), Iron: 1.59mg (8.83%), Vitamin K: 6.64µg (6.32%), Copper: 0.13mg (6.31%), Potassium: 203.57mg (5.82%),

Vitamin B12: 0.27µg (4.51%), Magnesium: 17.13mg (4.28%), Vitamin B5: 0.34mg (3.37%), Vitamin D: 0.5µg (3.36%),
Zinc: 0.48mg (3.17%), Vitamin C: 2.61mg (3.16%), Vitamin B6: 0.06mg (2.88%), Vitamin E: 0.36mg (2.41%)