



Easy Berry Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 4 cups blackberries frozen
- ☐ 6 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup sugar

Equipment

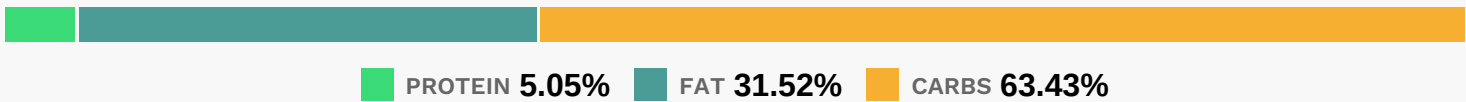
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal.
- ☐ Sprinkle over fruit.
- ☐ Drizzle melted butter over topping.
- ☐ Bake 40 to 45 minutes or until lightly browned and bubbly.
- ☐ Let stand 10 minutes.
- ☐ Serve warm with sweetened whipped cream, if desired.
- ☐ *4 cups frozen mixed berries may be substituted.
- ☐ Note: For individual cobblers, prepare recipe as directed, and bake at 375 for the same amount of time in 6 (8-oz.) ramekins on an aluminum foil-lined baking sheet.
- ☐ Try This Twist!
- ☐ Easy Peach Cobbler: Substitute 4 cups frozen sliced peaches for blackberries. Prepare recipe as directed, sprinkling 1 Tbsp. peach schnapps and 1/2 tsp. ground cinnamon over peaches with lemon juice, and baking cobbler 1 hour to 1 hour and 5 minutes or until lightly browned and bubbly. Hands-on time: 10 min.; Total time: 1 hr., 20 min.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:35.81, Inflammation Score:-7, Nutrition Score:10.832608720531%

Flavonoids

Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg, Cyanidin: 95.95mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg, Catechin: 35.58mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epigallocatechin 3–gallate: 0.65mg, Epigallocatechin 3–gallate: 0.65mg, Epigallocatechin 3–gallate: 0.65mg, Epigallocatechin 3–gallate: 0.65mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 358.29kcal (17.91%), Fat: 12.93g (19.9%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 52.91g (19.24%), Sugar: 38.11g (42.34%), Cholesterol: 61.1mg (20.37%), Sodium: 103.59mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Manganese: 0.77mg (38.31%), Vitamin C: 21.13mg (25.61%), Fiber: 5.66g (22.63%), Vitamin K: 20.08µg (19.12%), Folate: 66.96µg (16.74%), Selenium: 10.35µg (14.78%), Vitamin B1: 0.19mg (12.49%), Vitamin A: 600.45IU (12.01%), Vitamin B2: 0.18mg (10.44%), Vitamin E: 1.55mg (10.35%), Copper: 0.2mg (9.86%), Iron: 1.73mg (9.61%), Vitamin B3: 1.86mg (9.32%), Phosphorus: 63.68mg (6.37%), Magnesium: 25.21mg (6.3%), Potassium: 195.91mg (5.6%), Zinc: 0.78mg (5.2%), Vitamin B5: 0.5mg (5.03%), Calcium: 39.47mg (3.95%), Vitamin B6: 0.05mg (2.69%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.17µg (1.11%)