



Easy Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

DESSERT

Ingredients

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

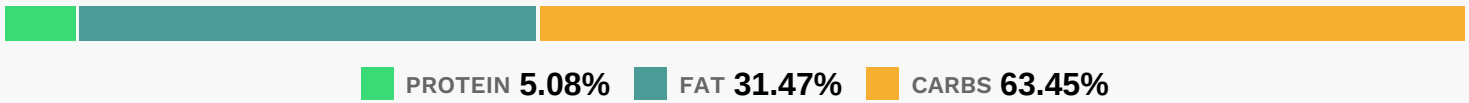
Equipment

- ☐ 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 at 375 for 35 minutes or until lightly browned and bubbly.
- ☐ Let stand 10 minutes.
- ☐ Serve warm with whipped cream, if desired.
- ☐ Garnish with fresh mint sprig, if desired.
- ☐ For a neat presentation, bake for the same amount of time in 6 (8-oz.) ramekins on an aluminum foil-lined baking sheet.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:35.81, Inflammation Score:-7, Nutrition Score:11.006521940231%

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

4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epigallocatechin 3–gallate: 0.65mg, Epigallocatechin 3–gallate: 0.65mg, Epigallocatechin 3–gallate: 0.65mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 358.99kcal (17.95%), Fat: 12.94g (19.91%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 58.71g (19.57%), Net Carbohydrates: 52.98g (19.26%), Sugar: 38.11g (42.34%), Cholesterol: 61.1mg (20.37%), Sodium: 103.9mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.78mg (38.9%), Vitamin C: 21.45mg (25.99%), Fiber: 5.74g (22.95%), Vitamin K: 20.08µg (19.12%), Folate: 68.1µg (17.03%), Selenium: 10.35µg (14.78%), Vitamin A: 642.93IU (12.86%), Vitamin B1: 0.19mg (12.55%), Vitamin B2: 0.18mg (10.59%), Vitamin E: 1.55mg (10.35%), Copper: 0.2mg (10.02%), Iron: 1.78mg (9.89%), Vitamin B3: 1.88mg (9.41%), Magnesium: 26.01mg (6.5%), Phosphorus: 64.41mg (6.44%), Potassium: 201.6mg (5.76%), Zinc: 0.79mg (5.27%), Vitamin B5: 0.51mg (5.06%), Calcium: 41.9mg (4.19%), Vitamin B6: 0.05mg (2.75%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.17µg (1.11%)