



Easy Cherry Cobbler

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 15 oz cherries red undrained canned
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 1.3 cup sugar divided
- ☐ 4 servings whipped cream

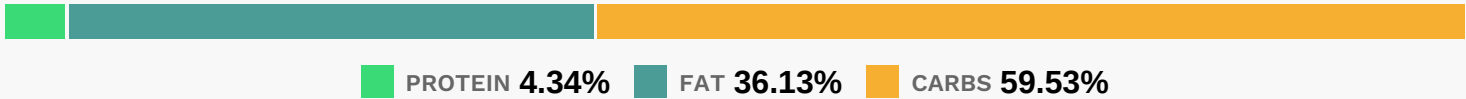
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ casserole dish

Directions

- ☐ Bring cherries to a boil in a saucepan over medium heat; remove from heat.
- ☐ Mix flour, one cup sugar, milk, baking powder and salt in a medium bowl.
- ☐ Pour butter into 6 one-cup ramekins or into a 2-quart casserole dish or; pour flour mixture over butter.
- ☐ Add cherries; do not stir.
- ☐ Sprinkle remaining sugar over top.
- ☐ Bake at 400 degrees for 20 to 30 minutes.
- ☐ Serve warm with ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:102.02, Glycemic Load:74.95, Inflammation Score:-7, Nutrition Score:13.206086988034%

Flavonoids

Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 799.08kcal (39.95%), Fat: 32.94g (50.68%), Saturated Fat: 20.29g (126.81%), Carbohydrates: 122.1g (40.7%), Net Carbohydrates: 118.56g (43.11%), Sugar: 93.01g (103.34%), Cholesterol: 97.37mg (32.46%), Sodium: 544.35mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Calcium: 303.02mg (30.3%), Vitamin B2: 0.45mg (26.68%), Phosphorus: 237.62mg (23.76%), Vitamin A: 1153.81IU (23.08%), Vitamin B1: 0.34mg (22.44%), Selenium: 13.6µg (19.43%), Folate: 65.59µg (16.4%), Manganese: 0.3mg (14.91%), Potassium: 500.76mg (14.31%), Fiber: 3.54g (14.17%), Iron: 2.15mg (11.94%), Vitamin B3: 2.16mg (10.81%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 0.99mg (9.91%), Vitamin C: 7.84mg (9.5%), Magnesium: 36.24mg (9.06%), Zinc: 1.03mg (6.87%), Vitamin B6: 0.14mg (6.78%), Vitamin E: 0.98mg (6.53%), Copper: 0.13mg (6.46%), Vitamin D: 0.8µg (5.35%), Vitamin K: 4.69µg (4.47%)