



Easy gooseberry cobbler

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 750 g gooseberry washed
- ☐ 100 g caster sugar
- ☐ 1 tsp root ginger grated
- ☐ 3 tbsp elderflower cordial
- ☐ 140 g flour plain
- ☐ 2 tsp double-acting baking powder
- ☐ 25 g butter
- ☐ 25 g caster sugar

- ☐ 150 ml buttermilk
- ☐ 1 tbsp little demerara sugar

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Place the gooseberries, caster sugar, ginger and elderflower in a saucepan with 4 tbsp water and cook, covered, for 5 mins until the berries begin to pop. Tip into a baking dish.
- ☐ Make the topping. Sift the flour, baking powder and a pinch of salt into a mixing bowl. Rub in the butter until the mixture looks like breadcrumbs, then stir in the caster sugar.
- ☐ Mix in the buttermilk to give a soft, sticky dough. Dollop spoonfuls on top of the gooseberries, then sprinkle with the demerara.
- ☐ Bake for 25 mins or until golden brown and crusty. Stand for 5 mins, then serve with some low-fat ice cream, fromage frais or custard.

Nutrition Facts



Properties

Glycemic Index:69.7, Glycemic Load:29.31, Inflammation Score:-6, Nutrition Score:10.317391381316%

Flavonoids

Cyanidin: 10.91mg, Cyanidin: 10.91mg, Cyanidin: 10.91mg, Cyanidin: 10.91mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.55mg, Gallocatechin: 0.55mg, Gallocatechin: 0.55mg, Gallocatechin: 0.55mg

Nutrients (% of daily need)

Calories: 274.8kcal (13.74%), Fat: 5.24g (8.06%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 48.99g (17.81%), Sugar: 24.08g (26.76%), Cholesterol: 11.75mg (3.92%), Sodium: 217.98mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin C: 34.64mg (41.99%), Fiber: 6.01g (24.06%), Manganese: 0.34mg (17.14%), Vitamin B1: 0.25mg (16.36%), Calcium: 155.51mg (15.55%), Selenium: 9.77µg (13.96%), Folate: 51.63µg (12.91%), Vitamin B2: 0.2mg (11.88%), Phosphorus: 115.24mg (11.52%), Vitamin A: 508.47IU (10.17%), Iron: 1.67mg (9.26%), Vitamin B3: 1.78mg (8.9%), Potassium: 310.39mg (8.87%), Copper: 0.13mg (6.5%), Vitamin B6: 0.12mg (6%), Vitamin B5: 0.56mg (5.61%), Magnesium: 20.85mg (5.21%), Vitamin E: 0.59mg (3.95%), Zinc: 0.42mg (2.78%), Vitamin D: 0.33µg (2.2%), Vitamin B12: 0.12µg (2.06%)