



Easy to Gobble Cobbler



Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

431 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 pint blackberries
- ☐ 0.5 pint blueberries
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup buttermilk
- ☐ 2 cups flour all-purpose as needed plus more
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon

- ☐ 3 pounds peaches pitted ripe peeled sliced
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tapioca flour
- ☐ 2 tablespoons butter unsalted cut into 8 small pats

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat an oven to 350 degrees F.
- ☐ Add the fruit to a large bowl and sprinkle with lemon juice, sugar and tapioca flour. Toss the ingredients until they are coated.
- ☐ Dough: In a food processor, combine the flour, baking powder and sugars and pulse 3 to 4 times. Slowly pour in the buttermilk and mix until the dough comes together.
- ☐ Remove the dough from the processor and turn out on a lightly floured board. Divide the dough into 3/4 and 1/4 portions. Press the larger amount into the bottom of a 12-inch cast iron skillet.
- ☐ Add the filling and top with 6 to 8 even dollops of the remaining dough.
- ☐ Sprinkle the dough tops with the cinnamon and sugar and evenly dot the butter over the cobbler.
- ☐ Put the skillet in the oven and bake until bubbly, about 50 minutes.
- ☐ Remove from the oven and let cool for 15 minutes.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 5.29%**  **FAT 8.96%**  **CARBS 85.75%**

Properties

Glycemic Index:64.82, Glycemic Load:52.41, Inflammation Score:-7, Nutrition Score:13.849999920182%

Flavonoids

Cyanidin: 35.33mg, Cyanidin: 35.33mg, Cyanidin: 35.33mg, Cyanidin: 35.33mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 6.06mg, Peonidin: 6.06mg, Peonidin: 6.06mg, Peonidin: 6.06mg Catechin: 20.89mg, Catechin: 20.89mg, Catechin: 20.89mg, Catechin: 20.89mg Epigallocatechin: 1.99mg, Epigallocatechin: 1.99mg, Epigallocatechin: 1.99mg, Epigallocatechin: 1.99mg Epicatechin: 5.54mg, Epicatechin: 5.54mg, Epicatechin: 5.54mg, Epicatechin: 5.54mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 430.97kcal (21.55%), Fat: 4.48g (6.89%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 96.41g (32.14%), Net Carbohydrates: 90.66g (32.97%), Sugar: 64.17g (71.3%), Cholesterol: 9.18mg (3.06%), Sodium: 359.82mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Manganese: 0.64mg (31.83%), Fiber: 5.76g (23.02%), Calcium: 223.78mg (22.38%), Selenium: 15.23µg (21.75%), Vitamin C: 17.51mg (21.22%), Vitamin B1: 0.31mg (20.74%), Folate: 78.24µg (19.56%), Vitamin B3: 3.56mg (17.79%), Vitamin K: 17.09µg (16.28%), Phosphorus: 161.46mg (16.15%), Vitamin B2: 0.26mg (15.4%), Iron: 2.74mg (15.2%), Vitamin A: 746.58IU (14.93%), Copper: 0.25mg (12.74%), Vitamin E: 1.88mg (12.5%), Potassium: 348.03mg (9.94%), Magnesium: 31.47mg (7.87%), Vitamin B5: 0.59mg (5.91%), Zinc: 0.88mg (5.9%), Vitamin B6: 0.09mg (4.54%), Vitamin D: 0.25µg (1.65%), Vitamin B12: 0.07µg (1.25%)