



Emily's Blackberry Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blackberries fresh
- ☐ 0.3 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 2 cups water boiling
- ☐ 1 cup sugar white

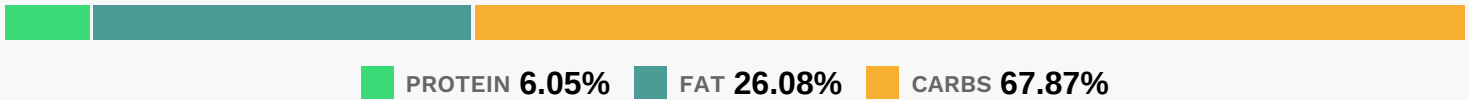
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Whisk the flour, baking powder, and salt together in a mixing bowl.
- ☐ Cream 1 cup of sugar with the softened butter until light and fluffy.
- ☐ Mix in the flour mixture alternately with the milk until no large lumps remain.
- ☐ Pour into a 9x13-inch baking dish. Arrange the berries over the batter, and sprinkle with the remaining 1 cup of sugar.
- ☐ Pour the boiling water over top.
- ☐ Bake in the preheated oven until the batter has firmed and the berries are soft, about 50 minutes.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:19.14, Inflammation Score:-3, Nutrition Score:4.5617391493009%

Flavonoids

Cyanidin: 19.19mg, Cyanidin: 19.19mg, Cyanidin: 19.19mg, Cyanidin: 19.19mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 166.47kcal (8.32%), Fat: 4.91g (7.56%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 27.29g (9.92%), Sugar: 15.07g (16.75%), Cholesterol: 12.8mg (4.27%), Sodium: 252.42mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Manganese: 0.24mg (11.97%), Vitamin B1: 0.14mg (9.6%), Folate: 35.45µg (8.86%), Selenium: 6.17µg (8.81%), Vitamin B2: 0.11mg (6.71%), Calcium: 61.8mg (6.18%), Fiber: 1.47g (5.87%), Vitamin B3: 1.13mg (5.64%), Iron: 0.96mg (5.33%), Phosphorus: 51.55mg (5.15%), Vitamin C: 4.03mg (4.89%), Vitamin K: 4.25µg (4.05%), Vitamin A: 193.5IU (3.87%), Copper: 0.06mg (3.1%), Magnesium: 10.02mg (2.51%), Vitamin E: 0.36mg (2.4%), Potassium: 74.95mg (2.14%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.1µg (1.61%), Vitamin D: 0.18µg (1.19%), Vitamin B6: 0.02mg (1.16%)