

Everything But The... Blackberry Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



228 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 5 cups blackberries fresh
- 0.3 cup brown sugar
- 0.5 cup butter cold
- 2 tablespoons cornstarch
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup pecans chopped

- 0.5 cup rolled oats
- 0.5 teaspoon salt
- 0.3 cup water hot
- 0.5 cup granulated sugar white

Equipment

- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- pastry cutter

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Place the blackberries in a large saucepan with 1 cup of sugar. Dissolve the cornstarch in the cold water, and stir into the berries. Bring to a simmer over medium-high heat, and cook until bubbly and thickened, 3 to 5 minutes.
- Pour the blackberries into a 9x13-inch baking dish; set aside.
- Whisk the flour with 1/2 cup sugar, baking powder, cinnamon, and salt in a mixing bowl. With a pastry cutter, cut in the cold butter until crumbly. Stir in the pecans, oats, and brown sugar until evenly blended. Stir in the hot water until evenly moistened. Drop the batter over the blackberries by the spoonful.
- Bake in the preheated oven until the top is golden brown and the berries are bubbly, about 25 minutes.

Nutrition Facts



PROTEIN 4.79% **FAT 43.01%** **CARBS 52.2%**

Properties

Glycemic Index:30.59, Glycemic Load:13.1, Inflammation Score:-5, Nutrition Score:7.9108695426713%

Flavonoids

Cyanidin: 60.41mg, Cyanidin: 60.41mg, Cyanidin: 60.41mg, Cyanidin: 60.41mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 22.53mg, Catechin: 22.53mg, Catechin: 22.53mg, Catechin: 22.53mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 228.01kcal (11.4%), Fat: 11.29g (17.36%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 26.52g (9.64%), Sugar: 15.93g (17.69%), Cholesterol: 20.34mg (6.78%), Sodium: 195.89mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Manganese: 0.8mg (40.01%), Fiber: 4.3g (17.2%), Vitamin C: 12.65mg (15.34%), Vitamin K: 12.84µg (12.23%), Vitamin B1: 0.14mg (9.14%), Folate: 36.39µg (9.1%), Copper: 0.18mg (9.09%), Vitamin A: 367.57IU (7.35%), Selenium: 5.15µg (7.35%), Vitamin E: 1mg (6.69%), Iron: 1.2mg (6.66%), Magnesium: 24.84mg (6.21%), Phosphorus: 59.76mg (5.98%), Vitamin B3: 1.1mg (5.5%), Calcium: 51.3mg (5.13%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.72mg (4.78%), Potassium: 146.87mg (4.2%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.04mg (1.85%)