



Fresh Blueberry Cobbler

READY IN



55 min.

SERVINGS



6

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 cups blueberries
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 1 tablespoon sugar

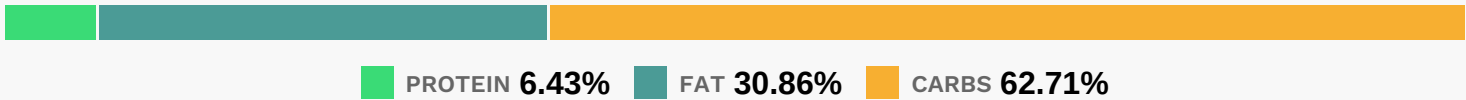
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix 1/2 cup sugar and the cornstarch in 2-quart saucepan. Stir in blueberries and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- ☐ Pour into ungreased 2-quart casserole; keep blueberry mixture hot in oven.
- ☐ Mix flour, 1 tablespoon sugar, the baking powder and salt in medium bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot blueberry mixture.
- ☐ Bake uncovered 25 to 30 minutes or until topping is golden brown.
- ☐ Serve warm. Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:18.29, Inflammation Score:-5, Nutrition Score:7.861304257227%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg

Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 214.34kcal (10.72%), Fat: 7.59g (11.68%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 31.75g (11.55%), Sugar: 12.88g (14.31%), Cholesterol: 2.44mg (0.81%), Sodium: 309.32mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Manganese: 0.48mg (23.8%), Vitamin K: 22.57µg (21.5%), Vitamin B1: 0.21mg (14.19%), Vitamin C: 9.89mg (11.99%), Fiber: 2.95g (11.79%), Folate: 44.21µg (11.05%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.17mg (10.11%), Calcium: 93.1mg (9.31%), Vitamin B3: 1.66mg (8.32%), Phosphorus: 77.03mg (7.7%), Iron: 1.37mg (7.6%), Vitamin E: 0.98mg (6.52%), Copper: 0.09mg (4.38%), Potassium: 129.94mg (3.71%), Vitamin B6: 0.07mg (3.67%), Vitamin B5: 0.33mg (3.34%), Magnesium: 13.31mg (3.33%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.11µg (1.83%), Vitamin A: 86.27IU (1.73%), Vitamin D: 0.22µg (1.49%)