



Fresh Blueberry Cobbler

READY IN



55 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

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

- ☐ 1 tablespoon sugar
- ☐ 6 servings whipped cream

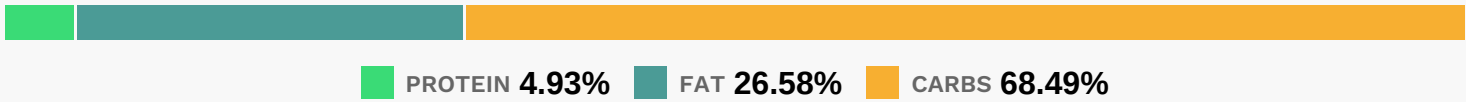
Equipment

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

Directions

- ☐ Heat oven to 400F.
- ☐ 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:73.36, Glycemic Load:30.33, Inflammation Score:-5, Nutrition Score:8.0678260896517%

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

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Nutrients (% of daily need)

Calories: 293.93kcal (14.7%), Fat: 8.98g (13.81%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 49.1g (17.85%), Sugar: 29.99g (33.32%), Cholesterol: 7mg (2.33%), Sodium: 309.97mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.48mg (23.83%), Vitamin K: 22.68µg (21.6%), Vitamin B1: 0.22mg (14.34%), Vitamin C: 9.89mg (11.99%), Fiber: 2.95g (11.79%), Selenium: 7.78µg (11.12%), Folate: 44.39µg (11.1%), Vitamin B2: 0.18mg (10.53%), Calcium: 99.32mg (9.93%), Vitamin B3: 1.67mg (8.34%), Phosphorus: 82.37mg (8.24%), Iron: 1.38mg (7.66%), Vitamin E: 1.02mg (6.78%), Copper: 0.09mg (4.47%), Potassium: 139.1mg (3.97%), Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.35mg (3.52%), Magnesium: 13.97mg (3.49%), Zinc: 0.41mg (2.75%), Vitamin A: 127.37IU (2.55%), Vitamin B12: 0.13µg (2.12%), Vitamin D: 0.25µg (1.65%)