



Fruit Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

DESSERT

Ingredients

- 4 cups blueberries fresh
- 1 tablespoon butter
- 0.5 cup flour all-purpose
- 1 cup sugar divided
- 10 servings sugar

Equipment

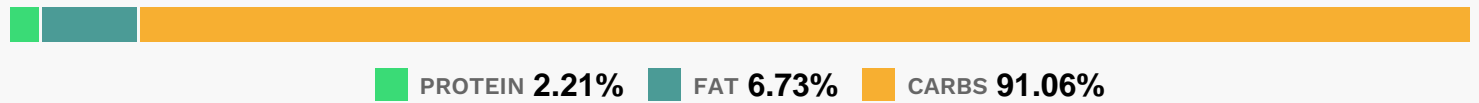
- frying pan
- oven

blender

Directions

- Roll piecrust to 1/4-inch thickness. Fit into a 10-inch cast-iron skillet. Trim excess pastry along edges, reserving trimmings. Prick bottom and sides of piecrust with a fork.
- Bake at 375 for 8 minutes.
- Remove from oven. Set aside.
- Cut butter into flour with a pastry blender until crumbly; add 1/2 cup sugar.
- Place one-third of blueberries in piecrust; sprinkle with about one-third remaining sugar.
- Sprinkle with one-third flour mixture. Top with one-third of pastry trimmings. Repeat layering procedure twice.
- Sprinkle with additional sugar.
- Bake at 375 for 50 minutes or until crust is lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:28.66, Inflammation Score:-3, Nutrition Score:3.1473912915782%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 189.76kcal (9.49%), Fat: 1.49g (2.29%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 43.65g (15.87%), Sugar: 37.85g (42.05%), Cholesterol: 0mg (0%), Sodium: 14.24mg (0.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Manganese: 0.24mg (12.14%), Vitamin K: 11.44µg (10.9%), Vitamin C: 5.75mg (6.96%), Fiber: 1.59g (6.36%), Vitamin B1: 0.07mg (4.74%), Folate: 15µg (3.75%), Vitamin B2: 0.06mg (3.63%), Selenium: 2.37µg (3.39%), Vitamin B3: 0.62mg (3.08%), Iron: 0.47mg (2.62%), Vitamin E: 0.38mg (2.56%), Copper: 0.05mg (2.25%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 82.05IU (1.64%), Potassium: 53.5mg (1.53%), Phosphorus: 14.18mg (1.42%), Magnesium: 4.97mg (1.24%), Vitamin B5: 0.1mg (1.02%)