



Fruit Cobbler

READY IN



40 min.

SERVINGS



6

CALORIES



663 kcal

DESSERT

Ingredients

- ☐ 2 apricots sliced
- ☐ 6 servings glug balsamic vinegar good
- ☐ 1 pint blackberries
- ☐ 1 pint blueberries
- ☐ 4 ounces butter chilled
- ☐ 130 milliliters buttermilk
- ☐ 1 pears cored sliced
- ☐ 1 pint raspberries
- ☐ 1 stick rhubarb

- ☐ 1 large pinch salt
- ☐ 225 grams self-rising flour
- ☐ 5 tablespoons sugar
- ☐ 70 grams sugar
- ☐ 6 servings whipped cream

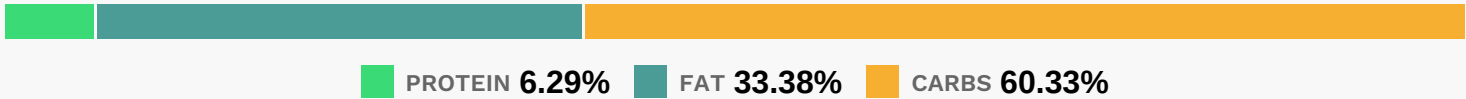
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C/gas 5).
- ☐ Put the fruit into a pan with the sugar and the balsamic vinegar.
- ☐ Put the pan over the heat, and cook gently, until the juices begin to run from the berries.
- ☐ Pour into an ovenproof dish.
- ☐ Meanwhile make the topping. Rub the cold butter into the flour until the mixture resembles fine bread crumbs.
- ☐ Add the sugar and salt, stir well, and then add the buttermilk to form a loose, scone-type mixture.
- ☐ Roll balls of the dough and place randomly over the hot fruit.
- ☐ Sprinkle with a little sugar, and bake in the oven for 30 minutes until golden brown.
- ☐ Serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:96.93, Glycemic Load:51.23, Inflammation Score:-9, Nutrition Score:22.059565181318%

Flavonoids

Cyanidin: 122.2mg, Cyanidin: 122.2mg, Cyanidin: 122.2mg, Cyanidin: 122.2mg Petunidin: 25.11mg, Petunidin: 25.11mg, Petunidin: 25.11mg, Petunidin: 25.11mg Delphinidin: 28.98mg, Delphinidin: 28.98mg, Delphinidin: 28.98mg, Delphinidin: 28.98mg Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg Pelargonidin: 1.13mg, Pelargonidin: 1.13mg, Pelargonidin: 1.13mg, Pelargonidin: 1.13mg Peonidin: 16.26mg, Peonidin: 16.26mg, Peonidin: 16.26mg, Peonidin: 16.26mg Catechin: 35.12mg, Catechin: 35.12mg, Catechin: 35.12mg, Catechin: 35.12mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 662.8kcal (33.14%), Fat: 25.27g (38.88%), Saturated Fat: 14.77g (92.3%), Carbohydrates: 102.75g (34.25%), Net Carbohydrates: 88.89g (32.32%), Sugar: 58.46g (64.96%), Cholesterol: 72.09mg (24.03%), Sodium: 211.63mg (9.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Manganese: 1.67mg (83.38%), Vitamin C: 48.39mg (58.66%), Fiber: 13.87g (55.47%), Vitamin K: 42.87µg (40.83%), Selenium: 17.89µg (25.56%), Vitamin A: 1265.34IU (25.31%), Vitamin E: 3.02mg (20.15%), Vitamin B2: 0.33mg (19.23%), Phosphorus: 189.05mg (18.91%), Copper: 0.38mg (18.79%), Calcium: 183.27mg (18.33%), Potassium: 618.08mg (17.66%), Magnesium: 65.23mg (16.31%), Folate: 62.07µg (15.52%), Vitamin B5: 1.28mg (12.77%), Zinc: 1.83mg (12.18%), Iron: 1.9mg (10.58%), Vitamin B1: 0.15mg (9.82%), Vitamin B3: 1.93mg (9.67%), Vitamin B6: 0.18mg (8.95%), Vitamin B12: 0.39µg (6.51%), Vitamin D: 0.42µg (2.78%)