



Green-Tomato-and-Raspberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup granulated sugar

- ☐ 1.8 pounds tomatoes green chopped
- ☐ 0.5 cup buttermilk low-fat
- ☐ 3 cups raspberries fresh
- ☐ 0.3 cup water

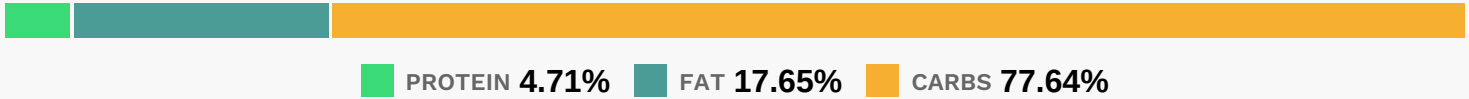
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Combine the raspberries and 1 tablespoon flour in a medium bowl; toss well.
- ☐ Bring tomato, 1 cup granulated sugar, and water to a boil in a medium saucepan; cook 4 minutes.
- ☐ Remove from heat; stir in the raspberry mixture.
- ☐ Pour mixture into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Lightly spoon 1 cup flour into a dry measuring cup, and level with a knife.
- ☐ Combine 1 cup flour, 1/3 cup granulated sugar, brown sugar, baking powder, and baking soda in a bowl, stirring with a whisk.
- ☐ Cut in the butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk, stirring just until moist. Drop the dough by heaping tablespoons onto fruit mixture.
- ☐ Bake at 350 for 50 minutes or until the filling is bubbly and crust is browned.

Nutrition Facts



Properties

Glycemic Index:50.91, Glycemic Load:29.43, Inflammation Score:-6, Nutrition Score:9.4234782897908%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 290.37kcal (14.52%), Fat: 5.93g (9.13%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 54.73g (19.9%), Sugar: 43.45g (48.28%), Cholesterol: 14.09mg (4.7%), Sodium: 159.7mg (6.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin C: 31.25mg (37.88%), Manganese: 0.46mg (23.16%), Fiber: 3.97g (15.87%), Vitamin A: 743.28IU (14.87%), Vitamin B1: 0.19mg (12.41%), Vitamin K: 12.53µg (11.93%), Folate: 44.22µg (11.05%), Vitamin B2: 0.15mg (8.91%), Selenium: 6.03µg (8.61%), Iron: 1.51mg (8.41%), Potassium: 289.2mg (8.26%), Vitamin B3: 1.57mg (7.84%), Copper: 0.14mg (7.25%), Phosphorus: 70.77mg (7.08%), Vitamin B5: 0.69mg (6.91%), Calcium: 60.97mg (6.1%), Magnesium: 23.31mg (5.83%), Vitamin E: 0.84mg (5.63%), Vitamin B6: 0.11mg (5.4%), Zinc: 0.4mg (2.67%)