



Grilled Blueberry-Almond Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 teaspoons almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 pounds blueberries
- ☐ 4 tablespoons butter unsalted frozen ()
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup flour all-purpose

- ☐ 0.7 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 5 tablespoons heavy cream
- ☐ 3 tablespoons orange juice freshly-squeezed
- ☐ 2 teaspoons orange zest
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter unsalted

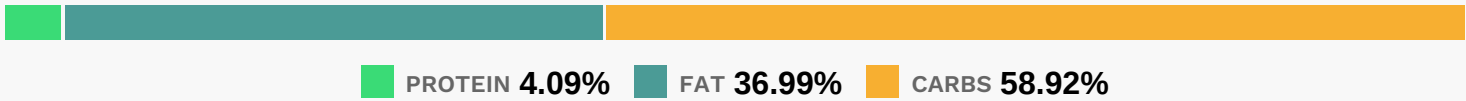
Equipment

- ☐ bowl
- ☐ cake form
- ☐ grill

Directions

- ☐ Heat a well cleaned grill to 350 degrees F.
- ☐ Combine all ingredients except butter in a nonreactive bowl and toss to coat. Turn into an 8 by 8-inch disposable aluminum cake pan and dot with butter; set aside.
- ☐ Combine flour, 1 tablespoon of the sugar, baking powder, and salt in a medium bowl and mix until evenly combined. Grate the butter into the bowl and toss to coat in flour mixture.
- ☐ Add 1/4 cup of the cream and almond extract and mix to moisten thoroughly. Knead until dough just comes together and is smooth. Divide into 8 pieces and place on top of fruit.
- ☐ Brush biscuits with remaining 1 tablespoon of the heavy cream, sprinkle remaining 1 tablespoon of the sugar on top, and scatter with almonds.
- ☐ Place on the grill, close cover, and grill until fruit is bubbling and biscuits are risen and golden brown, about 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:28.33, Inflammation Score:-6, Nutrition Score:8.6513043512469%

Flavonoids

Cyanidin: 9.66mg, Cyanidin: 9.66mg, Cyanidin: 9.66mg, Cyanidin: 9.66mg Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 328.97kcal (16.45%), Fat: 13.94g (21.45%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 46.39g (16.87%), Sugar: 32.09g (35.66%), Cholesterol: 33.17mg (11.06%), Sodium: 94.91mg (4.13%), Alcohol: 0.52g (100%), Alcohol %: 0.36% (100%), Protein: 3.47g (6.94%), Manganese: 0.56mg (27.95%), Vitamin K: 22.97µg (21.88%), Vitamin C: 14.92mg (18.09%), Fiber: 3.57g (14.28%), Vitamin B1: 0.18mg (11.96%), Vitamin E: 1.73mg (11.5%), Vitamin B2: 0.19mg (10.89%), Folate: 39.42µg (9.85%), Vitamin A: 476.32IU (9.53%), Selenium: 6.04µg (8.64%), Vitamin B3: 1.55mg (7.74%), Iron: 1.24mg (6.91%), Phosphorus: 64.5mg (6.45%), Copper: 0.13mg (6.26%), Calcium: 56.86mg (5.69%), Magnesium: 20mg (5%), Potassium: 153.07mg (4.37%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.27mg (2.73%), Vitamin D: 0.31µg (2.05%)