



Grilled Summer Fruit Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 2 teaspoons double-acting baking powder
- 12 ounces blackberries halved
- 0.5 cup butter cut into pieces
- 1.5 cups flour all-purpose
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest
- 0.5 cup brown sugar light

- 12 ounces peaches sliced
- 2 tablespoons quick-cooking tapioca
- 0.3 teaspoon salt divided
- 1 cup sugar
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- blender
- grill

Directions

- Preheat grill to medium-high heat (350 to 400).
- Combine 1/8 teaspoon salt and next 7 ingredients in a large bowl, stirring gently until well blended.
- Pour into a buttered 10-inch cast iron skillet.
- Combine flour, sugar, baking powder, and remaining 1/8 teaspoon salt in a medium bowl.
- Cut butter into flour mixture with a pastry blender until coarse crumbs form.
- Add cream, and stir just until mixture forms a soft dough. Spoon topping over berry mixture.
- Grill, covered with grill lid, 25 to 30 minutes or until fruit is bubbly and topping is cooked through.

Nutrition Facts



PROTEIN 3.53% **FAT 41.36%** **CARBS 55.11%**

Properties

Glycemic Index:44.04, Glycemic Load:32.58, Inflammation Score:-7, Nutrition Score:9.6530434670656%

Flavonoids

Cyanidin: 43.32mg, Cyanidin: 43.32mg, Cyanidin: 43.32mg, Cyanidin: 43.32mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 17.85mg, Catechin: 17.85mg, Catechin: 17.85mg, Catechin: 17.85mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 485.74kcal (24.29%), Fat: 22.88g (35.21%), Saturated Fat: 14.19g (88.66%), Carbohydrates: 68.61g (22.87%), Net Carbohydrates: 65.05g (23.66%), Sugar: 44.99g (49.99%), Cholesterol: 64.12mg (21.37%), Sodium: 288.53mg (12.54%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 4.39g (8.78%), Manganese: 0.47mg (23.61%), Vitamin A: 1021.74IU (20.43%), Selenium: 10.36µg (14.81%), Folate: 58.23µg (14.56%), Vitamin C: 11.9mg (14.42%), Fiber: 3.56g (14.23%), Vitamin B1: 0.21mg (14%), Vitamin B2: 0.21mg (12.15%), Calcium: 111.56mg (11.16%), Vitamin K: 11.71µg (11.15%), Vitamin B3: 2.05mg (10.23%), Iron: 1.75mg (9.74%), Vitamin E: 1.43mg (9.52%), Phosphorus: 87.35mg (8.74%), Copper: 0.15mg (7.48%), Potassium: 199.59mg (5.7%), Magnesium: 21.15mg (5.29%), Vitamin B5: 0.4mg (3.98%), Zinc: 0.58mg (3.87%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.05mg (2.58%), Vitamin B12: 0.07µg (1.2%)