



Honey Peach and Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 cups blackberries
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 2.3 cups flour all-purpose divided
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 1.3 cups buttermilk low-fat
- ☐ 4 pounds peaches peeled chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons sugar

Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/4 cup flour, peaches, honey, juice, and 1/4 teaspoon salt in a large bowl; toss gently.
- ☐ Let stand 15 minutes. Fold in blackberries. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 2 cups flour, 1/2 teaspoon salt, granulated sugar, rind, and baking powder in a medium bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk, and stir just until moist.
- ☐ Drop dough onto peach mixture to form 12 mounds.
- ☐ Sprinkle mounds with turbinado sugar.
- ☐ Bake at 400 for 40 minutes or until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:33.72, Glycemic Load:30.41, Inflammation Score:-7, Nutrition Score:10.792608701664%

Flavonoids

Cyanidin: 38.88mg, Cyanidin: 38.88mg, Cyanidin: 38.88mg, Cyanidin: 38.88mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 20.78mg, Catechin: 20.78mg, Catechin: 20.78mg, Catechin: 20.78mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 303.3kcal (15.16%), Fat: 6.81g (10.48%), Saturated Fat: 3.83g (23.97%), Carbohydrates: 58.51g (19.5%), Net Carbohydrates: 53.63g (19.5%), Sugar: 36.08g (40.09%), Cholesterol: 16.05mg (5.35%), Sodium: 283.71mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.45%), Manganese: 0.49mg (24.65%), Vitamin C: 16.14mg (19.56%), Fiber: 4.89g (19.55%), Selenium: 11.97µg (17.11%), Folate: 63.38µg (15.84%), Vitamin B1: 0.24mg (15.83%), Vitamin A: 757.1IU (15.14%), Vitamin B3: 2.87mg (14.33%), Vitamin B2: 0.22mg (12.88%), Vitamin K: 12.25µg (11.67%), Vitamin E: 1.72mg (11.47%), Copper: 0.22mg (10.93%), Iron: 1.93mg (10.71%), Phosphorus: 98.39mg (9.84%), Potassium: 316.55mg (9.04%), Calcium: 72.04mg (7.2%), Magnesium: 27.92mg (6.98%), Zinc: 0.83mg (5.57%), Vitamin B5: 0.52mg (5.21%), Vitamin B6: 0.07mg (3.6%), Vitamin B12: 0.07µg (1.12%)