



Kentucky Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 6 cups blackberries fresh
- ☐ 1 cup butter diced chilled
- ☐ 1.3 cups buttermilk for brushing
- ☐ 2 teaspoons cornstarch
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon salt
- ☐ 0.3 cup sugar white

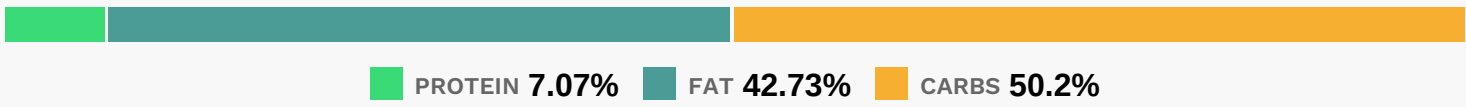
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Butter a 9x13-inch baking dish.
- ☐ Place the blackberries in a mixing bowl, and sprinkle with lemon juice. Toss with 1 cup sugar and cornstarch until evenly coated.
- ☐ Place into the prepared baking dish, and arrange the cubes of butter on top. In a large bowl, whisk the flour, 1/4 cup sugar, cinnamon, salt, baking powder, and baking soda together.
- ☐ Cut in 1 cup of chilled, diced butter using a pastry cutter until the butter is in pieces no larger than a pea. Stir in the buttermilk until a batter has formed. Spoon the batter evenly over the blackberries.
- ☐ Brush the top of the batter with additional buttermilk to moisten, then sprinkle with the remaining 1/4 cup of sugar.
- ☐ Bake in the preheated oven until the the fruit is tender, and the biscuit top is golden, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:21.88, Inflammation Score:-6, Nutrition Score:10.214347896369%

Flavonoids

Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 282.58kcal (14.13%), Fat: 13.6g (20.93%), Saturated Fat: 8.24g (51.53%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 31.93g (11.61%), Sugar: 7.3g (8.11%), Cholesterol: 34.88mg (11.63%), Sodium: 816.84mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Manganese: 0.63mg (31.26%), Folate: 77.06µg (19.27%), Vitamin B1: 0.28mg (18.94%), Selenium: 12.51µg (17.87%), Fiber: 4.03g (16.12%), Vitamin C: 12.36mg (14.98%), Vitamin B2: 0.22mg (13.07%), Vitamin K: 12.67µg (12.07%), Vitamin B3: 2.37mg (11.84%), Iron: 2.02mg (11.22%), Vitamin A: 537.08IU (10.74%), Calcium: 98.58mg (9.86%), Phosphorus: 88.14mg (8.81%), Copper: 0.15mg (7.49%), Vitamin E: 1.06mg (7.09%), Magnesium: 21.65mg (5.41%), Potassium: 163mg (4.66%), Zinc: 0.64mg (4.25%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.12µg (2.06%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.28µg (1.85%)