



Lemon Cream-Topped Blackberry Cobbler

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



200 kcal

Ingredients

- ☐ 16 oz individual blackberry cobblers frozen
- ☐ 0.5 cup lemon curd
- ☐ 0.5 cup heavy whipping cream sour

Equipment

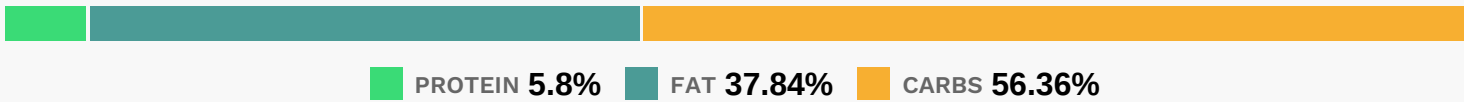
- ☐ oven

Directions

- ☐ Stir together 1/2 cup lemon curd and 1/2 cup sour cream. Cover and chill 1 hour.

- ☐ Bake 2 (8-oz.) packages frozen individual blackberry cobblers according to package directions. Top warm cobblers with lemon curd mixture.
- ☐ Note: For testing purposes only, we used Sara Lee Blackberry Cobbler Anytime (in the freezer section) and Dickinson's Lemon Curd (with jams and jellies). Leftover curd can be stored in the fridge 5 to 7 days.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:8.6617391783258%

Flavonoids

Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg, Cyanidin: 113.34mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg, Catechin: 42.03mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 200.32kcal (10.02%), Fat: 8.73g (13.43%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 23.2g (8.44%), Sugar: 23.46g (26.07%), Cholesterol: 16.96mg (5.65%), Sodium: 94.8mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 0.74mg (36.79%), Vitamin C: 24.07mg (29.18%), Fiber: 6.07g (24.27%), Vitamin K: 22.88µg (21.79%), Copper: 0.19mg (9.61%), Vitamin E: 1.44mg (9.57%), Vitamin A: 421.78IU (8.44%), Folate: 30.07µg (7.52%), Magnesium: 25.55mg (6.39%), Potassium: 219.64mg (6.28%), Calcium: 61.92mg (6.19%), Phosphorus: 46.8mg (4.68%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.08mg (4.58%), Vitamin B5: 0.41mg (4.1%), Iron: 0.72mg (4.02%), Vitamin B3: 0.76mg (3.8%), Vitamin B6: 0.05mg (2.29%), Selenium: 1.52µg (2.17%), Vitamin B1: 0.03mg (1.9%), Vitamin B12: 0.06µg (1.01%)