



Merry Berry Cobbler

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



408 kcal

DESSERT

Ingredients

- 1 cup granulated sugar
- 0.3 cup cornstarch
- 2 cups raspberries fresh
- 2 cups blueberries fresh
- 2 cups blackberries fresh
- 2 tablespoons juice of lemon
- 1 cup flour all-purpose
- 0.3 cup brown sugar packed

- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.3 teaspoon nutmeg
- 0.3 cup butter
- 2 tablespoons water hot
- 1 serving whipped cream

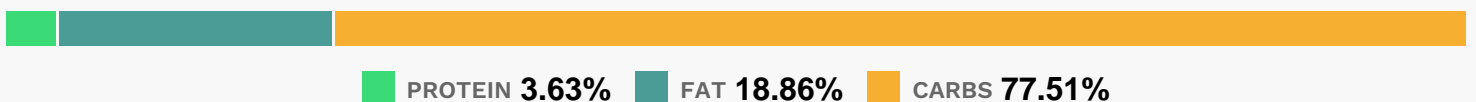
Equipment

- bowl
- oven
- blender
- dutch oven

Directions

- Heat oven to 400°F. Grease 2-quart casserole with shortening. In 4-quart Dutch oven, mix granulated sugar and cornstarch.
- Add berries and lemon juice; toss until evenly coated.
- Heat to boiling. Boil 3 to 5 minutes (7 to 10 minutes for frozen berries), stirring constantly, until slightly thickened. Spoon into casserole.
- In large bowl, mix flour, brown sugar, baking powder, salt and nutmeg.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like coarse crumbs. Stir in enough hot water until mixture forms a soft dough. Drop dough by tablespoonfuls onto berry mixture.
- Bake cobbler 25 to 30 minutes or until topping is golden brown.
- Serve warm with whipped cream.

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:38.45, Inflammation Score:-7, Nutrition Score:11.622173951291%

Flavonoids

Cyanidin: 70.46mg, Cyanidin: 70.46mg, Cyanidin: 70.46mg, Cyanidin: 70.46mg Petunidin: 15.68mg, Petunidin: 15.68mg, Petunidin: 15.68mg, Petunidin: 15.68mg Delphinidin: 18.01mg, Delphinidin: 18.01mg, Delphinidin: 18.01mg, Delphinidin: 18.01mg Malvidin: 33.4mg, Malvidin: 33.4mg, Malvidin: 33.4mg, Malvidin: 33.4mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 10.16mg, Peonidin: 10.16mg, Peonidin: 10.16mg, Peonidin: 10.16mg Catechin: 20.92mg, Catechin: 20.92mg, Catechin: 20.92mg, Catechin: 20.92mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 408.03kcal (20.4%), Fat: 8.85g (13.62%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 81.84g (27.28%), Net Carbohydrates: 74.85g (27.22%), Sugar: 51.47g (57.19%), Cholesterol: 0.76mg (0.25%), Sodium: 244.81mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 0.9mg (45.01%), Vitamin C: 27.3mg (33.09%), Fiber: 6.99g (27.95%), Vitamin K: 22.23µg (21.17%), Folate: 62.76µg (15.69%), Vitamin B1: 0.21mg (13.8%), Selenium: 7.91µg (11.31%), Iron: 1.86mg (10.31%), Vitamin E: 1.51mg (10.07%), Vitamin B3: 2mg (10.02%), Vitamin A: 488.12IU (9.76%), Vitamin B2: 0.16mg (9.54%), Copper: 0.19mg (9.31%), Calcium: 71.98mg (7.2%), Magnesium: 28.02mg (7%), Phosphorus: 66.47mg (6.65%), Potassium: 222.51mg (6.36%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.67mg (4.44%), Vitamin B6: 0.08mg (3.93%)