



## Mini Berry Cobblers

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



246 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 cups berries mixed fresh
- ☐ 0.7 cup butter cold cubed
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons candied ginger minced
- ☐ 1.5 cups flour all-purpose

- ☐ 12 servings mint leaves fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 40
- ☐ Toss together first 4 ingredients in a medium bowl.
- ☐ Whisk together flour and next 4 ingredients in a large bowl.
- ☐ Cut cold butter into flour mixture with a pastry blender or fork until crumbly.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead 3 to 4 times. Pat into a 6- x 4-inch (1-inch-thick) rectangle.
- ☐ Cut into 6 squares; cut squares diagonally into 12 triangles.
- ☐ Arrange 12 (3 1/2-inch) lightly greased miniature cast-iron skillet on an aluminum foil-lined baking sheet. Divide berry mixture among skillets.
- ☐ Place 1 dough triangle over berry mixture in each skillet.
- ☐ Bake at 400 for 20 to 24 minutes or until fruit bubbles and crust is golden brown. Cool 15 minutes before serving.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:15.74, Inflammation Score:-4, Nutrition Score:4.8834782527841%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 245.63kcal (12.28%), Fat: 12.98g (19.96%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 29.41g (10.7%), Sugar: 16.5g (18.34%), Cholesterol: 33.23mg (11.08%), Sodium: 275.83mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.2mg (9.79%), Vitamin B1: 0.15mg (9.7%), Vitamin K: 9.6µg (9.14%), Vitamin A: 456.21IU (9.12%), Folate: 34.3µg (8.57%), Selenium: 5.95µg (8.5%), Fiber: 1.9g (7.62%), Vitamin B2: 0.12mg (7.24%), Calcium: 63.34mg (6.33%), Vitamin B3: 1.22mg (6.12%), Iron: 0.96mg (5.32%), Phosphorus: 50.07mg (5.01%), Vitamin E: 0.61mg (4.07%), Copper: 0.05mg (2.32%), Vitamin B6: 0.04mg (2.13%), Magnesium: 8.32mg (2.08%), Vitamin C: 1.61mg (1.95%), Potassium: 67.76mg (1.94%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.21mg (1.4%), Vitamin B12: 0.07µg (1.19%)