



Mixed-Berry Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



384 kcal

DESSERT

Ingredients

- 32 ounce blueberries frozen
- 16 ounce cherries frozen
- 1 cup cranberries fresh
- 3 tablespoons flour all-purpose
- 0.3 cup butter cold
- 15 ounce piecrusts refrigerated
- 0.3 teaspoon salt
- 1 tablespoon sugar

- 1.5 cups sugar
- 12 servings garnish: whipped topping

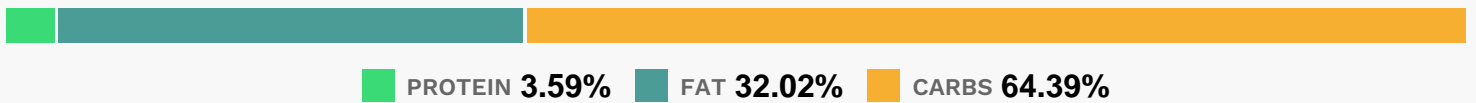
Equipment

- baking sheet
- oven
- baking pan

Directions

- Unfold 1 piecrust, and press out fold lines; cut pastry into 1-inch strips, and place on a baking sheet. Unfold remaining piecrust; press out fold lines, and cut into 1/2-inch strips.
- Sprinkle evenly with 1 tablespoon sugar, and place on a baking sheet.
- Bake pastry strips at 425 for 7 to 8 minutes or until golden.
- Stir together 1 1/2 cups sugar and next 5 ingredients. Spoon half of berry mixture into a lightly greased 13- x 9-inch baking dish, and top evenly with 1-inch baked pastry strips. Spoon remaining berry mixture into baking dish; dot with butter.
- Bake at 400 for 30 to 35 minutes or until bubbly. Top with 1/2-inch baked pastry strips.
- Garnish, if desired.
- *1 Granny Smith apple, peeled and chopped, may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:24.32, Inflammation Score:-5, Nutrition Score:6.8986956341111%

Flavonoids

Cyanidin: 21.68mg, Cyanidin: 21.68mg, Cyanidin: 21.68mg, Cyanidin: 21.68mg Petunidin: 23.84mg, Petunidin: 23.84mg, Petunidin: 23.84mg, Petunidin: 23.84mg Delphinidin: 27.42mg, Delphinidin: 27.42mg, Delphinidin: 27.42mg, Delphinidin: 27.42mg Malvidin: 51.13mg, Malvidin: 51.13mg, Malvidin: 51.13mg, Malvidin: 51.13mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 20mg, Peonidin: 20mg, Peonidin: 20mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg

Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg
Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate:
0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,
Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg
Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.36mg,
Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin:
1.55mg, Myricetin: 1.55mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg Gallocatechin:
0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 383.69kcal (19.18%), Fat: 14.07g (21.65%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 63.67g (21.22%),
Net Carbohydrates: 59.83g (21.75%), Sugar: 39.74g (44.15%), Cholesterol: 0.09mg (0.03%), Sodium: 242.44mg
(10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Manganese: 0.48mg (24.05%), Vitamin
K: 18.54µg (17.65%), Fiber: 3.84g (15.38%), Vitamin C: 11.16mg (13.52%), Vitamin B1: 0.15mg (10.18%), Folate: 34.55µg
(8.64%), Iron: 1.39mg (7.74%), Vitamin B2: 0.13mg (7.38%), Vitamin B3: 1.46mg (7.28%), Vitamin E: 0.9mg (6%),
Potassium: 192.23mg (5.49%), Copper: 0.1mg (5.1%), Phosphorus: 49.88mg (4.99%), Vitamin A: 242.86IU (4.86%),
Selenium: 3µg (4.29%), Vitamin B6: 0.08mg (4.12%), Magnesium: 15.38mg (3.85%), Vitamin B5: 0.35mg (3.49%),
Zinc: 0.33mg (2.23%), Calcium: 22.03mg (2.2%)