



Mixed Berry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.8 pounds berries mixed fresh halved (use no more than)
- ☐ 1.5 tablespoon cornstarch
- ☐ 0.5 teaspoons salt
- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 1.3 cups flour all-purpose plus more for surface
- ☐ 5 tablespoons butter unsalted chilled cut into 1/2" cubes
- ☐ 8 servings whipped cream
- ☐ 0.5 cup milk whole chilled plus more for brushing

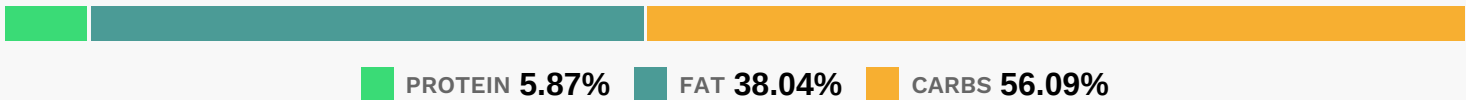
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position a rack in middle of oven and preheat to 400°F.
- ☐ Whisk sugar and cornstarch in a large bowl.
- ☐ Add berries to bowl and toss to coat.
- ☐ Transfer berry mixture to a 2-quart baking dish about 2" deep. Set aside to macerate while making dough.
- ☐ Whisk 1 1/3 cups flour, 1/4 cup sugar, baking powder, and salt in a medium bowl.
- ☐ Add butter; using fingertips, rub in butter until coarse meal forms.
- ☐ Add 1/2 cup milk and stir just until dough forms. Gather dough into a ball and transfer to a lightly floured surface. Gently knead 5 or 6 times, then pat or roll dough into a 9x6" rectangle.
- ☐ Cut dough in half lengthwise, then crosswise 3 times, forming 8 rectangles. Arrange biscuits 1/2" apart over fruit.
- ☐ Brush tops lightly with milk and sprinkle with sugar.
- ☐ Bake until fruit is bubbling and biscuits are just cooked through and golden all over, about 35 minutes.
- ☐ Let cool at least 30 minutes; serve with vanilla ice cream. DO AHEAD: Cobbler can be made up to 3 hours ahead. Rewarm at 350° if desired.

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:25.54, Inflammation Score:-6, Nutrition Score:9.3021739151167%

Flavonoids

Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg Petunidin: 18.02mg, Petunidin: 18.02mg, Petunidin: 18.02mg, Petunidin: 18.02mg Delphinidin: 21.42mg, Delphinidin: 21.42mg, Delphinidin: 21.42mg, Delphinidin: 21.42mg Malvidin: 49.26mg, Malvidin: 49.26mg, Malvidin: 49.26mg, Malvidin: 49.26mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 365.12kcal (18.26%), Fat: 15.71g (24.16%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 48.38g (17.59%), Sugar: 29.41g (32.68%), Cholesterol: 49.68mg (16.56%), Sodium: 286.01mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Vitamin B2: 0.32mg (19.01%), Vitamin K: 17.19µg (16.37%), Calcium: 160.65mg (16.07%), Vitamin B1: 0.23mg (15.42%), Fiber: 3.72g (14.87%), Manganese: 0.3mg (14.78%), Phosphorus: 136.84mg (13.68%), Selenium: 8.81µg (12.58%), Folate: 48.63µg (12.16%), Vitamin A: 566.87IU (11.34%), Vitamin B3: 1.84mg (9.21%), Iron: 1.3mg (7.22%), Vitamin B5: 0.67mg (6.65%), Potassium: 232.54mg (6.64%), Vitamin E: 0.9mg (5.98%), Vitamin B12: 0.35µg (5.91%), Vitamin B6: 0.11mg (5.45%), Magnesium: 21.04mg (5.26%), Zinc: 0.74mg (4.95%), Copper: 0.08mg (4.04%), Vitamin C: 2.88mg (3.49%), Vitamin D: 0.43µg (2.87%)