



Mixed-Fruit Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 4 cups blackberries frozen thawed
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 0.7 cup buttermilk low-fat
- ☐ 0.5 teaspoon orange rind grated

- ☐ 4 cups raspberries frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup flour whole-wheat
- ☐ 0.5 cup flour whole-wheat

Equipment

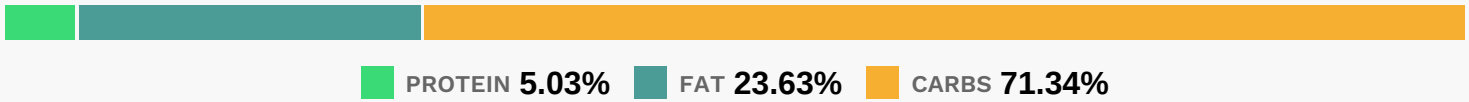
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare filling, lightly spoon 1/4 cup whole-wheat flour into a dry measuring cup, and level with a knife.
- ☐ Combine 1/4 cup whole-wheat flour and the next 4 ingredients (1/4 cup whole-wheat flour through juice) in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Let stand 10 minutes.
- ☐ To prepare topping, lightly spoon all-purpose flour and 1/2 cup whole-wheat flour into dry measuring cups, and level with a knife.
- ☐ Combine the flours and next 4 ingredients (flours through salt) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk and rind, stirring just until moist. Drop dough onto fruit mixture to form 12 mounds; sprinkle with 2 teaspoons sugar.
- ☐ Bake at 400 for 35 minutes or until bubbly.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.86, Glycemic Load:21.96, Inflammation Score:-5, Nutrition Score:9.3117390482322%

Flavonoids

Cyanidin: 66.28mg, Cyanidin: 66.28mg, Cyanidin: 66.28mg, Cyanidin: 66.28mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 18.31mg, Catechin: 18.31mg, Catechin: 18.31mg, Catechin: 18.31mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 240.59kcal (12.03%), Fat: 6.64g (10.21%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 39g (14.18%), Sugar: 30.42g (33.8%), Cholesterol: 15.58mg (5.19%), Sodium: 172.72mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Manganese: 0.92mg (46.01%), Vitamin C: 20.97mg (25.42%), Fiber: 6.1g (24.39%), Vitamin K: 13.29µg (12.65%), Selenium: 7.17µg (10.24%), Folate: 34.22µg (8.55%), Magnesium: 31.56mg (7.89%), Copper: 0.16mg (7.85%), Vitamin E: 1.14mg (7.57%), Phosphorus: 75.46mg (7.55%), Vitamin B1: 0.11mg (7.07%), Calcium: 64.43mg (6.44%), Iron: 1.14mg (6.36%), Vitamin B3: 1.24mg (6.2%), Vitamin A: 298.17IU (5.96%), Potassium: 193.97mg (5.54%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.38mg (3.77%), Vitamin B6: 0.07mg (3.71%)