



Nectarine and Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



647 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 cups blackberries
- ☐ 1 tablespoon cornstarch
- ☐ 2 cups flour all-purpose
- ☐ 6 servings accompaniment: lightly whipped cream sweetened
- ☐ 2.3 pound nectarines pitted cut into 1/2-inch-thick wedges (7 medium)
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 10 tablespoons butter unsalted cold cut into 1/2-inch cubes
- ☐ 0.8 cup milk whole

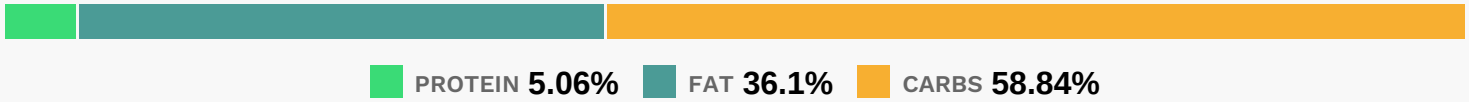
Equipment

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

Directions

- ☐ Preheat oven to 425°F.
- ☐ Whisk together 1 1/4 cups sugar and cornstarch in a large bowl, then add nectarines and blackberries and toss to combine well.
- ☐ Transfer to buttered baking dish and bake in middle of oven until hot, 10 to 15 minutes.
- ☐ While fruit bakes, whisk together flour, baking powder, and salt in another large bowl, then blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal.
- ☐ Add milk and stir just until a dough forms.
- ☐ Drop dough onto hot fruit mixture in 6 mounds, then sprinkle dough with remaining 1/2 teaspoon sugar.
- ☐ Bake cobbler in middle of oven until top is golden, 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:57.18, Glycemic Load:59.23, Inflammation Score:-8, Nutrition Score:16.680869631145%

Flavonoids

Cyanidin: 63.59mg, Cyanidin: 63.59mg, Cyanidin: 63.59mg, Cyanidin: 63.59mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg,

Peonidin: 0.13mg Catechin: 27.3mg, Catechin: 27.3mg, Catechin: 27.3mg, Catechin: 27.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 647.36kcal (32.37%), Fat: 26.76g (41.18%), Saturated Fat: 16.08g (100.48%), Carbohydrates: 98.15g (32.72%), Net Carbohydrates: 91.28g (33.19%), Sugar: 60.61g (67.34%), Cholesterol: 74.38mg (24.79%), Sodium: 475.96mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.89%), Manganese: 0.77mg (38.45%), Vitamin A: 1543.13IU (30.86%), Vitamin B1: 0.42mg (27.68%), Fiber: 6.87g (27.48%), Folate: 102.16µg (25.54%), Vitamin B3: 4.79mg (23.97%), Selenium: 15.47µg (22.1%), Vitamin C: 17.62mg (21.36%), Vitamin B2: 0.33mg (19.14%), Phosphorus: 168.22mg (16.82%), Iron: 3mg (16.65%), Vitamin K: 17.13µg (16.32%), Calcium: 159.64mg (15.96%), Vitamin E: 2.32mg (15.47%), Copper: 0.31mg (15.32%), Potassium: 417.16mg (11.92%), Magnesium: 41.01mg (10.25%), Vitamin B5: 0.8mg (8.02%), Zinc: 1.12mg (7.46%), Vitamin B6: 0.1mg (4.91%), Vitamin D: 0.69µg (4.57%), Vitamin B12: 0.2µg (3.41%)