



Peach and Blackberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups blackberries fresh
- ☐ 0.3 cup butter divided melted
- ☐ 1 cup flour all-purpose divided
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup milk 1% low-fat
- ☐ 1 pound peaches fresh sliced
- ☐ 0.3 teaspoon salt

☐ 1 cup sugar divided

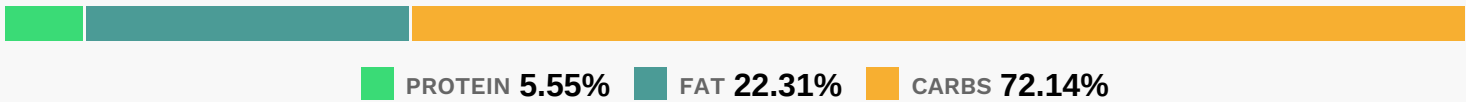
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Pour 2 tablespoons melted butter into the bottom of a 2-quart dish coated with cooking spray.
- ☐ Combine peaches, blackberries, and 1 tablespoon flour in a large bowl; toss gently.
- ☐ Add 1/4 cup sugar and ginger; toss gently to combine.
- ☐ Pour peach mixture into prepared baking dish. Lightly spoon remaining 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour, remaining 3/4 cup sugar, baking powder, and salt in a large bowl, stirring with a whisk.
- ☐ Add remaining 2 tablespoons melted butter and milk, stirring with a whisk.
- ☐ Pour batter evenly over fruit mixture.
- ☐ Bake at 350 for 1 hour and 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:44.04, Glycemic Load:28.81, Inflammation Score:-5, Nutrition Score:7.9765216474948%

Flavonoids

Cyanidin: 37.07mg, Cyanidin: 37.07mg, Cyanidin: 37.07mg, Cyanidin: 37.07mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 16.13mg, Catechin: 16.13mg, Catechin: 16.13mg, Catechin: 16.13mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 256.97kcal (12.85%), Fat: 6.6g (10.15%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 44.81g (16.3%), Sugar: 32.98g (36.64%), Cholesterol: 16.73mg (5.58%), Sodium: 297.1mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Manganese: 0.4mg (19.84%), Calcium: 142.43mg (14.24%), Fiber: 3.19g (12.77%), Vitamin C: 9.89mg (11.98%), Selenium: 7.51µg (10.73%), Vitamin B1: 0.16mg (10.71%), Folate: 41.81µg (10.45%), Phosphorus: 102.33mg (10.23%), Vitamin A: 496.99IU (9.94%), Vitamin B2: 0.15mg (8.98%), Vitamin K: 9.4µg (8.95%), Vitamin B3: 1.65mg (8.27%), Iron: 1.33mg (7.41%), Vitamin E: 1.01mg (6.77%), Copper: 0.13mg (6.43%), Potassium: 194.46mg (5.56%), Magnesium: 19.4mg (4.85%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.19µg (3.2%), Vitamin B6: 0.05mg (2.51%), Vitamin D: 0.32µg (2.16%)