



Peach-Blackberry Cobbler

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



281 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups blackberries
- 0.3 teaspoon cinnamon
- 2 tablespoons cornstarch
- 0.3 teaspoon ginger dried
- 2 cups flour
- 1 teaspoon juice of lemon freshly squeezed
- 0.3 cup brown sugar light packed

- 5 tablespoons brown sugar light
- 2 pinches mace
- 0.8 cup milk
- 8 peaches pitted peeled cut into 1-inch chunks
- 0.5 teaspoon salt
- 1 pinch salt
- 1 tablespoon sugar
- 6 tablespoons butter unsalted cold cut into pieces ()

Equipment

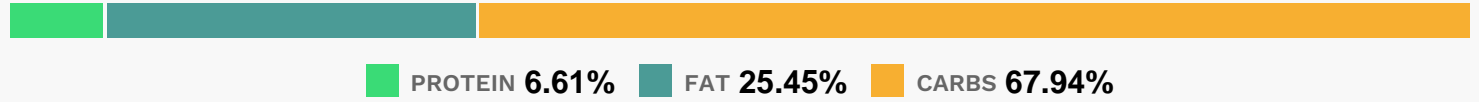
- bowl
- frying pan
- oven
- blender
- baking pan
- hand mixer

Directions

- Preheat the oven to 350 degrees F. In a bowl, combine the peaches, cornstarch or flour, brown sugar, lemon juice and salt, tossing gently. Carefully fold in the blackberries and transfer the mixture to an 8-cup baking dish. Set aside.
- Topping: In a mixer fitted with a paddle attachment (or hand mixer or your fingertips), mix the flour, salt, brown sugar, baking powder, ginger, cinnamon, and mace or nutmeg.
- Add the butter and mix until coarse and crumbly.
- Add 3/4 cup of milk and mix just until combined. Turn out the dough onto a lightly floured surface and knead a few times to smooth it out. Form into a ball and roll out into the shape and size of the baking dish, about 1/2-inch thick.
- Place the dough on top of the prepared fruit.
- Brush the top of the dough with the remaining tablespoon of milk and sprinkle with the granulated sugar.

- Place the cobbler on a sheet-pan to catch any juices that may boil over.
- Bake until the top is golden brown and juices are bubbling, 25 to 30 minutes.
- Let cool slightly before serving.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.53, Glycemic Load:19.67, Inflammation Score:-7, Nutrition Score:10.00739122992%

Flavonoids

Cyanidin: 31.09mg, Cyanidin: 31.09mg, Cyanidin: 31.09mg, Cyanidin: 31.09mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 16.58mg, Catechin: 16.58mg, Catechin: 16.58mg, Catechin: 16.58mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 281.28kcal (14.06%), Fat: 8.19g (12.6%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 45.1g (16.4%), Sugar: 24.85g (27.61%), Cholesterol: 20.26mg (6.75%), Sodium: 232.65mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Manganese: 0.47mg (23.54%), Selenium: 11.77µg (16.81%), Fiber: 4.09g (16.38%), Vitamin B1: 0.24mg (16.15%), Folate: 60.78µg (15.19%), Vitamin A: 692.79IU (13.86%), Vitamin C: 11.17mg (13.54%), Vitamin B3: 2.67mg (13.37%), Vitamin B2: 0.2mg (11.58%), Iron: 1.95mg (10.82%), Calcium: 99.05mg (9.91%), Phosphorus: 99.01mg (9.9%), Vitamin E: 1.43mg (9.56%), Vitamin K: 10.04µg (9.56%), Copper: 0.19mg (9.38%), Potassium: 266.91mg (7.63%), Magnesium: 25.06mg (6.26%), Zinc: 0.7mg (4.66%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.07mg (3.34%), Vitamin D: 0.33µg (2.18%), Vitamin B12: 0.11µg (1.89%)