



Plum Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons candied ginger minced
- ☐ 0.5 cup cornmeal
- ☐ 2 tablespoons cornstarch
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup milk
- ☐ 4 pounds plums cut into 1-inch cubes

- ☐ 0.8 cup sugar
- ☐ 2 butter unsalted cold cubed

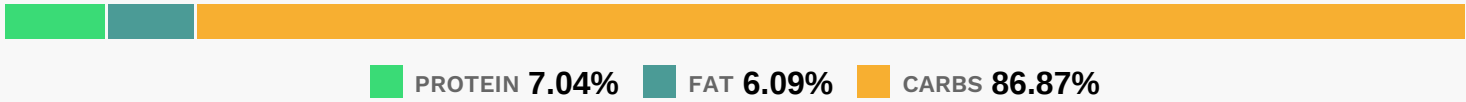
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Make the filling: In a bowl, toss the plums with the sugar and cornstarch and let stand for 10 minutes.
- ☐ Meanwhile, make the dough: Preheat the oven to 37
- ☐ In a food processor, pulse the flour with the cornmeal, sugar, candied ginger, baking powder and salt.
- ☐ Add the butter and pulse until crumbly.
- ☐ Add the milk and pulse until moistened.
- ☐ Spread the filling in a 9-by-13-inch baking dish. Scoop 15 mounds of dough over the filling.
- ☐ Bake in the center of the oven for 1 hour and 15 minutes, until the fruit is bubbling and the topping is golden and crisp.
- ☐ Let cool for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:47.78, Glycemic Load:44.22, Inflammation Score:-7, Nutrition Score:12.440434891245%

Flavonoids

Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg

Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg
Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg Epicatechin 3–gallate:
1.72mg, Epicatechin 3–gallate: 1.72mg, Epicatechin 3–gallate: 1.72mg, Epicatechin 3–gallate: 1.72mg
Epigallocatechin 3–gallate: 0.91mg, Epigallocatechin 3–gallate: 0.91mg, Epigallocatechin 3–gallate: 0.91mg,
Epigallocatechin 3–gallate: 0.91mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg
Galocatechin: 0.2mg, Galocatechin: 0.2mg, Galocatechin: 0.2mg, Galocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 360.39kcal (18.02%), Fat: 2.52g (3.88%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 80.9g (26.97%),
Net Carbohydrates: 75.93g (27.61%), Sugar: 44.44g (49.38%), Cholesterol: 3.28mg (1.09%), Sodium: 460.17mg
(20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin C: 21.55mg (26.12%), Vitamin B1:
0.35mg (23.43%), Manganese: 0.4mg (19.92%), Fiber: 4.97g (19.9%), Folate: 71.91µg (17.98%), Selenium: 11.8µg
(16.86%), Vitamin A: 825.75IU (16.52%), Vitamin B3: 3.06mg (15.3%), Vitamin B2: 0.26mg (15.16%), Phosphorus:
148.69mg (14.87%), Vitamin K: 14.71µg (14.01%), Calcium: 135.64mg (13.56%), Potassium: 456.67mg (13.05%), Iron:
2.32mg (12.88%), Copper: 0.2mg (10.06%), Magnesium: 36.61mg (9.15%), Vitamin B6: 0.15mg (7.61%), Vitamin B5:
0.59mg (5.88%), Zinc: 0.85mg (5.68%), Vitamin E: 0.66mg (4.42%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.26µg
(1.7%)