



Plum Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 cup butter chilled cut into pieces
- ☐ 0.5 cup buttermilk
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.8 cup granulated sugar divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 5 pounds plums pitted peeled quartered

- ☐ 0.3 teaspoon salt divided
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups plus all-purpose divided

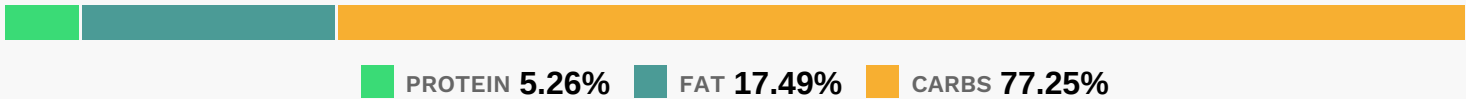
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients in a bowl.
- ☐ Add 1/4 cup granulated sugar, 1/8 teaspoon salt, and 1 1/2 tablespoons flour; toss. Arrange mixture in a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Weigh or lightly spoon 75 ounces flour (about 1 1/2 cups) into dry measuring cups; level with a knife.
- ☐ Combine flour, remaining 1/2 cup granulated sugar, remaining 1/8 teaspoon salt, and baking powder in a food processor; pulse 3 times.
- ☐ Add butter, rind, and cheese; pulse until mixture resembles coarse meal.
- ☐ Add buttermilk; pulse until blended.
- ☐ Drop dough by spoonfuls over plum mixture; sprinkle with turbinado sugar.
- ☐ Bake at 375 for 55 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:24.88, Inflammation Score:-6, Nutrition Score:7.5186956136123%

Flavonoids

Cyanidin: 10.64mg, Cyanidin: 10.64mg, Cyanidin: 10.64mg, Cyanidin: 10.64mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Epicatechin 3-gallate: 1.44mg, Epicatechin 3-gallate: 1.44mg, Epicatechin 3-gallate: 1.44mg, Epicatechin 3-gallate: 1.44mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 240.71kcal (12.04%), Fat: 4.89g (7.53%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 45.54g (16.56%), Sugar: 33.78g (37.54%), Cholesterol: 11.27mg (3.76%), Sodium: 116.41mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin C: 18.67mg (22.63%), Vitamin A: 786.88IU (15.74%), Fiber: 3.09g (12.38%), Vitamin B1: 0.18mg (12.06%), Vitamin K: 12.5µg (11.91%), Manganese: 0.21mg (10.38%), Folate: 38.98µg (9.75%), Potassium: 331.56mg (9.47%), Vitamin B2: 0.15mg (8.7%), Vitamin B3: 1.73mg (8.63%), Selenium: 5.79µg (8.28%), Copper: 0.13mg (6.74%), Phosphorus: 62.45mg (6.25%), Iron: 1.1mg (6.09%), Magnesium: 18.08mg (4.52%), Calcium: 41.74mg (4.17%), Vitamin E: 0.62mg (4.14%), Vitamin B5: 0.37mg (3.69%), Vitamin B6: 0.07mg (3.33%), Zinc: 0.34mg (2.3%)