

Plum Cobbler



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 0.8 cup sugar white for a more tart cobbler (170 g plus 30 g) (can reduce to)
- ☐ 4 cups plums fresh seeded sliced (Santa Rosa plums work best)
- ☐ 2 Tbsp .3 oz. of pearl tapioca instant (or cornstarch)
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 110 g all purpose flour
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

- ☐ 50 g butter
- ☐ 60 mL milk
- ☐ 1 eggs lightly beaten

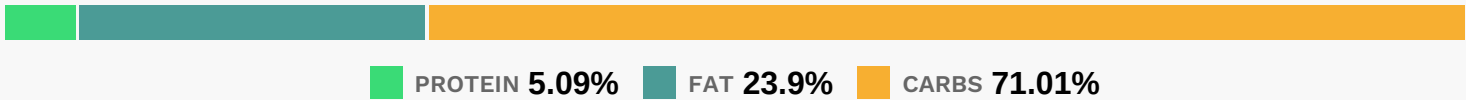
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350°F (175°C).
- ☐ In a large bowl, combine 3/4 cup white sugar, plums, instant tapioca, orange zest, and cinnamon.
- ☐ Place the fruit mixture in a 2-quart casserole.
- ☐ In a medium bowl, combine the remaining 2 Tablespoons of sugar, flour, baking powder and salt.
- ☐ Cut the butter in with a fork, pastry blender, or your (clean) hands until the mixture resembles coarse crumbs. Stir in the milk and egg until just moistened (do not overmix).
- ☐ Drop the batter in large spoonfuls onto the fruit mixture.
- ☐ Bake in a 350°F (175°C) oven for 35 minutes, until the cobbler topping is nicely browned and the filling is bubbly.
- ☐ Serve with whipped cream (optional).

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:32.27, Inflammation Score:-5, Nutrition Score:7.0717391034831%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epicatechin 3–gallate: 0.84mg, Epicatechin 3–gallate: 0.84mg, Epicatechin 3–gallate: 0.84mg, Epicatechin 3–gallate: 0.84mg Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg, Epigallocatechin 3–gallate: 0.44mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 304.94kcal (15.25%), Fat: 8.36g (12.85%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 53.74g (19.54%), Sugar: 36.44g (40.49%), Cholesterol: 46.43mg (15.48%), Sodium: 271.45mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin C: 10.91mg (13.22%), Vitamin A: 645.7IU (12.91%), Selenium: 8.9µg (12.72%), Vitamin B1: 0.18mg (12.28%), Folate: 42.85µg (10.71%), Vitamin B2: 0.17mg (10.28%), Manganese: 0.2mg (10.03%), Calcium: 88.58mg (8.86%), Phosphorus: 86.37mg (8.64%), Fiber: 2.12g (8.47%), Vitamin B3: 1.57mg (7.83%), Vitamin K: 7.76µg (7.39%), Iron: 1.3mg (7.23%), Potassium: 221.69mg (6.33%), Copper: 0.1mg (4.85%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.58mg (3.84%), Magnesium: 14.41mg (3.6%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.26µg (1.73%)