



Plum Cobbler with Cinnamon Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 4 pounds plums pitted halved cut into 1/2-inch slices (12 large)
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons sugar divided
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 0.8 cup whipping cream

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Toss plums, sugar, cornstarch, and vanilla in large bowl to coat.
- ☐ Transfer to 13x9x2-inch glass baking dish.
- ☐ Bake until thick and bubbling at edges, about 30 minutes.
- ☐ Whisk flour, 3 tablespoons sugar, baking powder, salt, and 1/4 teaspoon cinnamon in large bowl to blend.
- ☐ Add butter; rub in with fingertips until coarse meal forms.
- ☐ Whisk 3/4 cup whipping cream and egg in small bowl to blend. Stir cream mixture into flour mixture just until blended. Gently knead in bowl until dough comes together, about 5 turns.
- ☐ Remove plums from oven and stir gently. Break off golf-ball-size pieces of dough and arrange over hot plums, spacing apart.
- ☐ Brush dough with remaining 2 tablespoons cream.
- ☐ Mix remaining 2 tablespoons sugar and 1/4 teaspoon cinnamon in small bowl.
- ☐ Sprinkle over dough.
- ☐ Bake cobbler until fruit is bubbling, biscuits are browned, and tester inserted into center of biscuits comes out clean, about 30 minutes. Cool slightly.
- ☐ Serve hot or warm with vanilla ice cream.

Nutrition Facts



 **PROTEIN 5.83%**  **FAT 42.91%**  **CARBS 51.26%**

Properties

Glycemic Index:42.72, Glycemic Load:40.86, Inflammation Score:-8, Nutrition Score:15.285217451013%

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 Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 582.16kcal (29.11%), Fat: 28.39g (43.67%), Saturated Fat: 17.18g (107.4%), Carbohydrates: 76.3g (25.43%), Net Carbohydrates: 71.72g (26.08%), Sugar: 44.81g (49.79%), Cholesterol: 108.01mg (36%), Sodium: 374.59mg (16.29%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 8.68g (17.36%), Vitamin A: 1776.96IU (35.54%), Vitamin C: 22.08mg (26.76%), Vitamin B2: 0.45mg (26.41%), Vitamin B1: 0.34mg (22.91%), Calcium: 214.07mg (21.41%), Selenium: 14.63µg (20.91%), Phosphorus: 201.36mg (20.14%), Folate: 76.09µg (19.02%), Fiber: 4.57g (18.29%), Manganese: 0.36mg (18.2%), Potassium: 555.91mg (15.88%), Vitamin K: 16.57µg (15.78%), Vitamin B3: 2.9mg (14.48%), Iron: 2.22mg (12.35%), Copper: 0.2mg (10.07%), Vitamin B5: 1mg (9.95%), Vitamin E: 1.41mg (9.4%), Magnesium: 35.21mg (8.8%), Zinc: 1.05mg (7.02%), Vitamin B6: 0.13mg (6.52%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.83µg (5.51%)