



Red Velvet-Berry Cobbler

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 cups poached berries fresh assorted (We used 2 cups each blackberries, raspberries, and blueberries.)
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon cornstarch
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons liquid food coloring red

- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 1.5 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vinegar white

Equipment

- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Stir together cornstarch and 1/2 cup sugar. Toss berries with cornstarch mixture, and spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add remaining 3/4 cup sugar, beating well.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition. Stir in red food coloring and vanilla until blended.
- ☐ Combine flour, cocoa, and salt. Stir together buttermilk, vinegar, and baking soda in a 2-cup liquid measuring cup. (
☐ Mixture will bubble.)
- ☐ Add flour mixture to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Spoon batter over berry mixture.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center of cake topping comes out clean. Cool on a wire rack 10 minutes.
- ☐ Switch It UpChocolate-Cherry Cobbler: Omit red food coloring. Substitute 6 cups pitted fresh cherries (about 2 1/2 to 3 lb.) for berries. Decrease flour to 1 cup, and increase unsweetened

cocoa to 1/4 cup. Proceed with recipe as directed. For a Chocolate–Cherry Cobbler sundae, top scoops of Chocolate–Cherry Cobbler with vanilla ice cream, Hot Fudge Sauce, sweetened whipped cream, and fresh cherries (with stems).

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:33.99, Inflammation Score:-7, Nutrition Score:12.701739093532%

Flavonoids

Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 40.63mg, Catechin: 40.63mg, Catechin: 40.63mg, Catechin: 40.63mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 374.3kcal (18.72%), Fat: 14.14g (21.76%), Saturated Fat: 8.09g (50.56%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 52.15g (18.96%), Sugar: 37.38g (41.53%), Cholesterol: 78.65mg (26.22%), Sodium: 267.93mg (11.65%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.88g (11.77%), Manganese: 0.87mg (43.73%), Vitamin C: 22.68mg (27.49%), Fiber: 6.61g (26.43%), Vitamin K: 22.54µg (21.47%), Folate: 70.09µg (17.52%), Selenium: 11.94µg (17.06%), Vitamin A: 677.92IU (13.56%), Vitamin B2: 0.22mg (13%), Copper: 0.26mg (12.89%), Vitamin B1: 0.19mg (12.56%), Vitamin E: 1.75mg (11.65%), Iron: 1.95mg (10.86%), Vitamin B3: 1.9mg (9.51%), Phosphorus: 92.84mg (9.28%), Magnesium: 33.96mg (8.49%), Potassium: 252.44mg (7.21%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.65mg (6.5%), Calcium: 63.59mg (6.36%), Vitamin B6: 0.07mg (3.47%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.44µg (2.97%)