



## Savory Tomato Cobbler

READY IN



115 min.

SERVINGS



8

CALORIES



395 kcal

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon pepper black freshly ground
- 0.5 cup butter cold cut into 1/4-inch-thick pieces
- 1.3 cups buttermilk
- 1 tablespoon cornstarch
- 0.3 cup basil fresh chopped
- 2 tablespoons chives fresh chopped
- 1 teaspoon thyme leaves fresh
- 3 garlic cloves minced
- 0.5 cup cornmeal yellow stone-ground

- 6 oz freshly jarlsberg cheese shredded
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 medium size onion sweet chopped
- 1 large tomatoes chopped
- 3 pounds tomatoes assorted divided
- 1.5 cups self-rising soft-wheat flour white (such as Lily)
- 1 tablespoon citrus champagne vinegar

## Equipment

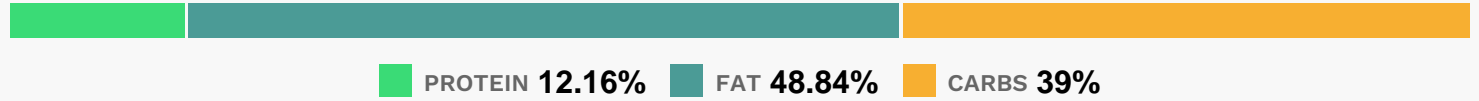
- bowl
- frying pan
- oven
- wire rack
- blender
- baking pan

## Directions

- Preheat oven to 37
- Saut onion in hot oil in a large skillet over medium-high heat 5 to 6 minutes or until tender.
- Add chopped tomato, garlic, and 1 1/2 cups small tomatoes, and saut 10 minutes or until tomatoes are softened.
- Remove from heat, and stir in vinegar and next 4 ingredients.
- Place remaining small tomatoes in a 13- x 9-inch baking dish. Spoon onion mixture over tomatoes, and gently toss to coat.
- Bake at 375 for 10 minutes.
- Meanwhile, stir together flour and next 2 ingredients in a large bowl.
- Cut butter into flour with a pastry blender until mixture resembles small peas; cover and chill 10 minutes. Stir cheese and next 2 ingredients into cold flour mixture.

- Add buttermilk, stirring just until dry ingredients are moistened. Dollop mixture by 1/2 cupfuls onto tomato mixture. (Do not spread.)
- Bake at 375 for 30 to 35 minutes or until golden brown. Cool on a wire rack 30 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:76.81, Glycemic Load:20.03, Inflammation Score:-9, Nutrition Score:16.265652065692%

### Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

### Nutrients (% of daily need)

Calories: 395.03kcal (19.75%), Fat: 21.83g (33.59%), Saturated Fat: 12.24g (76.53%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 34.81g (12.66%), Sugar: 9.23g (10.26%), Cholesterol: 49.82mg (16.61%), Sodium: 598.88mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Vitamin A: 2260.68IU (45.21%), Vitamin C: 29.74mg (36.05%), Manganese: 0.54mg (27.25%), Calcium: 251.21mg (25.12%), Folate: 88.5µg (22.12%), Vitamin K: 22.75µg (21.66%), Vitamin B1: 0.32mg (21.6%), Potassium: 632.07mg (18.06%), Fiber: 4.42g (17.66%), Vitamin B6: 0.31mg (15.43%), Selenium: 10.49µg (14.98%), Phosphorus: 149.4mg (14.94%), Vitamin B3: 2.9mg (14.48%), Vitamin B2: 0.24mg (14.33%), Iron: 2.2mg (12.24%), Magnesium: 46.84mg (11.71%), Vitamin E: 1.72mg (11.46%), Copper: 0.22mg (10.86%), Zinc: 1.04mg (6.95%), Vitamin B5: 0.55mg (5.47%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.49µg (3.25%)