



Simple Berry Skillet Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter ()
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce frangelico fresh frozen
- ☐ 10 ounce frangelico fresh frozen

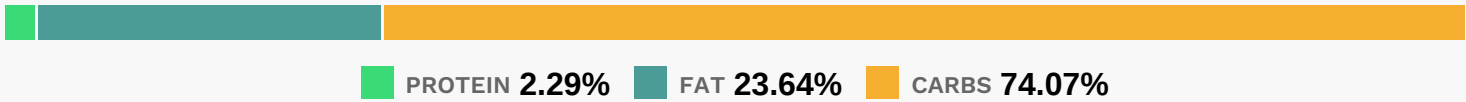
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place a 10-inch cast iron skillet in the oven and preheat oven to 35
- ☐ Stir together the raspberries, 1/2 cup granulated sugar, the brown sugar, 2 tablespoons flour, the lemon juice, and nutmeg in a medium bowl.
- ☐ Melt the butter in the skillet in the oven until it starts to brown around the edge and foam. It's important to have the butter sizzling hot!
- ☐ While the butter is melting, stir together the remaining 1/2 cup flour and granulated sugar, the baking powder, salt, and milk in a large bowl, just until combined. The batter may still have a few lumps, but it should be about the consistency of pancake batter.
- ☐ Pour the batter over the butter in the hot skillet. Do not stir. Immediately spoon the berry mixture on top of the batter.
- ☐ Bake until the crust looks golden and crisp, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:65.85, Glycemic Load:29.54, Inflammation Score:-2, Nutrition Score:3.1130435000295%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 318.17kcal (15.91%), Fat: 8.6g (13.23%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 60.32g (21.94%), Sugar: 52.24g (58.04%), Cholesterol: 22.78mg (7.59%), Sodium: 224.19mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Calcium: 74.44mg (7.44%), Vitamin B1: 0.1mg (6.36%), Selenium: 4.44µg (6.34%), Vitamin A: 269.77IU (5.4%), Vitamin B2: 0.09mg (5.29%), Folate: 20.66µg (5.16%), Phosphorus: 46.5mg (4.65%), Manganese: 0.09mg (4.53%), Iron: 0.7mg (3.87%), Vitamin B3: 0.67mg (3.34%), Vitamin C: 1.94mg (2.35%), Potassium: 74.82mg (2.14%), Vitamin B12: 0.13µg (2.1%), Magnesium: 7.31mg (1.83%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.22µg (1.49%), Copper: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.37%), Fiber: 0.33g (1.33%), Zinc: 0.18mg (1.2%)