



Slow-Cooker Sweet Cornbread Blackberry Cobbler

 Popular

READY IN



130 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- 16 oz blackberries frozen
- 1 tablespoon flour all-purpose
- 0.5 cup sugar
- 0.5 cup butter melted
- 6.5 oz just-add-water cornbread mix
- 1 teaspoon ground cinnamon
- 1 serving whipped cream

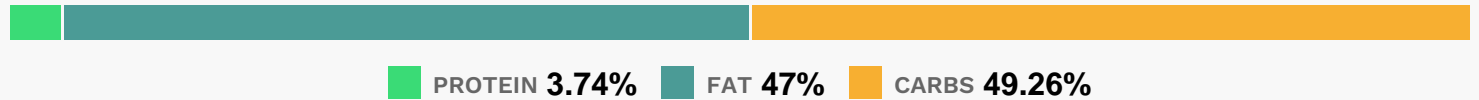
Equipment

- bowl
- slow cooker

Directions

- Spray 4 1/2-quart slow cooker with baking spray with flour.
- Pour blackberries into slow cooker.
- Sprinkle berries with flour and 3 tablespoons of the sugar; stir gently to coat. In small bowl, mix remaining sugar, melted butter, cornbread mix and cinnamon.
- Spread dough on top of blackberries.
- Cover; cook on High heat setting 2 to 3 hours or until dough on top is set and blackberries are saucy. To serve, spoon hot cake from slow cooker, and top with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:9.91, Inflammation Score:-6, Nutrition Score:7.1413042968058%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 276.47kcal (13.82%), Fat: 14.81g (22.79%), Saturated Fat: 8.12g (50.74%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 30.27g (11.01%), Sugar: 20g (22.23%), Cholesterol: 31.53mg (10.51%), Sodium: 280.21mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Manganese: 0.49mg (24.47%), Fiber:

4.66g (18.64%), Vitamin C: 11.94mg (14.47%), Phosphorus: 130.35mg (13.04%), Vitamin K: 13.47µg (12.83%), Vitamin A: 508.25IU (10.16%), Folate: 37.78µg (9.44%), Vitamin B1: 0.12mg (7.87%), Vitamin E: 1.04mg (6.94%), Vitamin B3: 1.2mg (6.01%), Copper: 0.12mg (5.81%), Iron: 1mg (5.56%), Vitamin B2: 0.09mg (5.28%), Magnesium: 17.59mg (4.4%), Calcium: 36.51mg (3.65%), Potassium: 124.72mg (3.56%), Zinc: 0.46mg (3.06%), Selenium: 2.07µg (2.96%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.4%)