



Star Berry Cobblers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 tablespoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 2 lb poached berries mixed
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 6 tablespoons butter unsalted chilled cut into small pieces

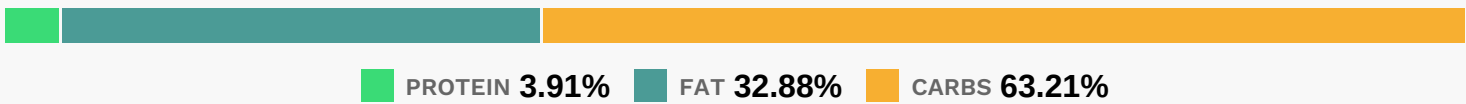
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ ramekin
- ☐ cookie cutter

Directions

- ☐ Make biscuits: Pulse dry ingredients in a food processor. Pulse in butter until mixture resembles coarse crumbs.
- ☐ Add milk; process for 30 seconds until dough forms a ball. Wrap dough in plastic wrap; refrigerate for 1 hour.
- ☐ Preheat oven to 425F; butter 8 1-cup ramekins. Make filling: Bring berries, 3/4 cup sugar, flour, lemon juice and cinnamon, if desired, to a boil over high heat. Lower heat; simmer for 5 minutes.
- ☐ Roll dough into a 1/2-inchthick circle.
- ☐ Cut out 8 stars with a 3-inch cookie cutter. Divide filling among ramekins; place biscuits on top.
- ☐ Brush stars lightly with butter; sprinkle with 2 Tbsp. sugar.
- ☐ Place ramekins on a foillined baking sheet and bake for 25 minutes. Cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.15, Glycemic Load:33.83, Inflammation Score:-5, Nutrition Score:8.2534782834675%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 380.99kcal (19.05%), Fat: 14.34g (22.06%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 62.03g (20.68%), Net Carbohydrates: 58.18g (21.16%), Sugar: 37.5g (41.67%), Cholesterol: 35.69mg (11.9%), Sodium: 221.09mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 19.86µg (18.92%), Manganese: 0.37mg (18.53%), Vitamin B1: 0.25mg (16.83%), Fiber: 3.85g (15.39%), Folate: 57.02µg (14.25%), Selenium: 9.63µg (13.76%), Vitamin B2: 0.2mg (11.98%), Vitamin B3: 2.17mg (10.83%), Vitamin A: 471IU (9.42%), Iron: 1.52mg (8.45%), Calcium: 74.05mg (7.41%), Phosphorus: 74mg (7.4%), Vitamin E: 0.94mg (6.27%), Vitamin C: 3.93mg (4.76%), Vitamin B6: 0.09mg (4.49%), Copper: 0.08mg (4.04%), Magnesium: 14.01mg (3.5%), Potassium: 120.11mg (3.43%), Vitamin B5: 0.34mg (3.35%), Vitamin D: 0.4µg (2.69%), Zinc: 0.35mg (2.31%), Vitamin B12: 0.11µg (1.82%)