



Stone Fruit Cobbler

READY IN



300 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract pure
- 2 teaspoons double-acting baking powder
- 2 inches a round cookie cutter
- 0.5 cup cornmeal stone-ground (not)
- 0.3 cup flour all-purpose
- 1.5 cups flour all-purpose
- 3 pounds stone fruit mixed pitted cut into 1/2-inch-thick wedges (8 cups)
- 1 cup heavy cream divided
- 0.5 teaspoon rounded salt

- 0.8 cup sugar
- 2 teaspoon sugar
- 1 tablespoon butter unsalted melted
- 2 tablespoons butter unsalted cold cut into 1/2-inch cubes
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- oven
- whisk
- blender
- baking pan
- rolling pin

Directions

- Preheat oven to 400°F with rack in middle. Butter a 3-qt glass or ceramic baking dish.
- Toss together filling ingredients in a large bowl.
- Whisk together flour, cornmeal, baking powder, and salt, then blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal.
- Add 1 cup cream and stir just until a dough forms.
- Turn out dough onto a lightly floured surface and lightly dust with flour, then roll out with a floured rolling pin into a 1/2-inch-thick round (about 10 inches in diameter).
- Cut out biscuits with lightly floured cutter. If necessary, gather scraps and reroll once, then cut out more biscuits.
- Arrange biscuits 1/2 inch apart over hot filling.
- Brush tops with remaining Tbsp cream, then sprinkle with sugar.
- Bake until topping is golden and fruit is bubbling in center, 25 to 30 minutes. Cool to warm, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:64.34, Glycemic Load:33.71, Inflammation Score:−7, Nutrition Score:9.6752173874689%

Nutrients (% of daily need)

Calories: 455.07kcal (22.75%), Fat: 16.25g (25%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 74.31g (24.77%), Net Carbohydrates: 69.91g (25.42%), Sugar: 40.16g (44.63%), Cholesterol: 44.9mg (14.97%), Sodium: 271.9mg (11.82%), Alcohol: 0.22g (100%), Alcohol %: 0.1% (100%), Protein: 5.51g (11.02%), Vitamin A: 1082.76IU (21.66%), Vitamin B1: 0.27mg (18.23%), Fiber: 4.4g (17.62%), Selenium: 10.97µg (15.67%), Manganese: 0.3mg (15.1%), Folate: 58.68µg (14.67%), Vitamin B2: 0.25mg (14.66%), Vitamin B3: 2.57mg (12.86%), Iron: 2.27mg (12.58%), Phosphorus: 113.18mg (11.32%), Copper: 0.2mg (9.89%), Calcium: 93.3mg (9.33%), Vitamin K: 9.32µg (8.87%), Potassium: 244.27mg (6.98%), Magnesium: 27.78mg (6.94%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.73mg (4.9%), Vitamin C: 3.92mg (4.75%), Vitamin D: 0.55µg (3.7%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.46mg (3.09%)