



Strawberry Cobbler I



Vegetarian



Popular

READY IN



50 min.

SERVINGS



1

CALORIES



1379 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 3 cups strawberries hulled
- ☐ 1 cup water

☐ 1 tablespoon sugar white

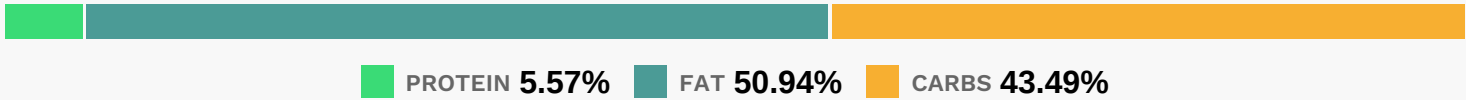
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Butter a 2 quart baking dish.
- ☐ Combine sugar, cornstarch, and water. Cook over medium heat, stirring constantly, until thick and hot. Stir in strawberries, and remove from heat.
- ☐ Pour mixture into the baking dish, and dot with 2 tablespoons butter.
- ☐ Sift together the flour, sugar, baking powder, and salt. Blend in 3 tablespoons butter. Stir in cream.
- ☐ Mixture should be fairly soft. Spoon on top of berries.
- ☐ Bake for 25 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:327.09, Glycemic Load:88.73, Inflammation Score:-10, Nutrition Score:41.323912931525%

Flavonoids

Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 107.35mg, Pelargonidin: 107.35mg, Pelargonidin: 107.35mg, Pelargonidin: 107.35mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg, Epigallocatechin: 3.37mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 1378.84kcal (68.94%), Fat: 79.58g (122.44%), Saturated Fat: 49.22g (307.61%), Carbohydrates: 152.89g (50.96%), Net Carbohydrates: 140.79g (51.2%), Sugar: 36.94g (41.04%), Cholesterol: 224.77mg (74.92%), Sodium: 2120.42mg (92.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.13%), Vitamin C: 254.73mg (308.76%), Manganese: 2.53mg (126.48%), Folate: 338.45µg (84.61%), Vitamin B1: 1.11mg (74.06%), Selenium: 48.4µg (69.15%), Vitamin A: 2850.72IU (57.01%), Vitamin B2: 0.95mg (56.05%), Calcium: 537.15mg (53.71%), Fiber: 12.1g (48.4%), Iron: 8.41mg (46.74%), Vitamin B3: 9.14mg (45.71%), Phosphorus: 450.28mg (45.03%), Potassium: 919.76mg (26.28%), Magnesium: 97.09mg (24.27%), Vitamin E: 3.4mg (22.65%), Copper: 0.44mg (22.23%), Vitamin K: 16.63µg (15.84%), Vitamin B6: 0.3mg (15.05%), Vitamin B5: 1.44mg (14.37%), Vitamin D: 1.9µg (12.69%), Zinc: 1.84mg (12.24%), Vitamin B12: 0.26µg (4.36%)