



## Strawberry Cobbler II

READY IN



75 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup half-and-half cream
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon salt
- ☐ 3 cups strawberries fresh sliced

- ☐ 1 cup water
- ☐ 0.5 cup sugar white

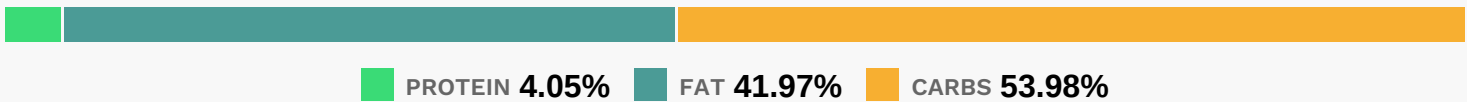
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C) Grease a 2 quart baking dish with margarine.
- ☐ In a medium saucepan, combine sugar, cornstarch, water, and strawberries. Cook over medium heat, stirring constantly, until thick and hot.
- ☐ Pour mixture into the prepared baking dish. Dot with 2 tablespoons margarine.
- ☐ In a bowl, combine flour, 1/4 cup brown sugar, baking powder, and salt. Blend in the 3 tablespoons butter. Stir in cream.
- ☐ Mixture should be soft. When you spoon dough onto the berries, it will probably sink to the bottom. Just try to spread as well as you can. Don't worry, it comes out good.
- ☐ Bake for about 20 to 25 minutes in the preheated oven. When the cobbler is almost done, mix the 1/4 cup margarine and 1/4 cup brown sugar, and heat them in a saucepan or in the microwave (whichever is easier for you). When the topping is heated, brush it on the top of the cobbler and bake for another 5 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.89, Glycemic Load:18.77, Inflammation Score:-5, Nutrition Score:6.9421739215436%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 270.98kcal (13.55%), Fat: 12.93g (19.9%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 35.92g (13.06%), Sugar: 22.77g (25.3%), Cholesterol: 19.23mg (6.41%), Sodium: 343.8mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin C: 31.97mg (38.75%), Manganese: 0.32mg (16.06%), Folate: 42.53µg (10.63%), Vitamin B1: 0.14mg (9.56%), Vitamin A: 471.73IU (9.43%), Selenium: 6.48µg (9.26%), Calcium: 89.55mg (8.95%), Vitamin B2: 0.14mg (8.23%), Phosphorus: 71.12mg (7.11%), Iron: 1.1mg (6.12%), Fiber: 1.51g (6.05%), Vitamin B3: 1.17mg (5.84%), Potassium: 143.13mg (4.09%), Vitamin E: 0.56mg (3.76%), Magnesium: 14.19mg (3.55%), Copper: 0.06mg (3%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.29mg (1.9%), Vitamin K: 1.9µg (1.81%)