



Strawberry Rhubarb Cobbler

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



6

CALORIES



288 kcal

DESSERT

Ingredients

- 4.5 cups rhubarb stalks cut into 1-inch pieces (trim outside stringy layer of large rhubarb stalks; make sure to trim away any and discard of the leaves which are poisonous; trim ends.) ()
- 1.5 cups strawberries stemmed sliced ()
- 100 g sugar white ()
- 2 Tablespoons cooking tapioca quick
- 1 teaspoon orange peel grated
- 130 g all purpose flour
- 2 Tbsp granulated sugar white
- 1.5 teaspoon double-acting baking powder

- 0.3 teaspoon salt
- 0.3 cup butter cut into cubes (4 Tbsp, 57 g)
- 60 ml milk
- 1 eggs lightly beaten

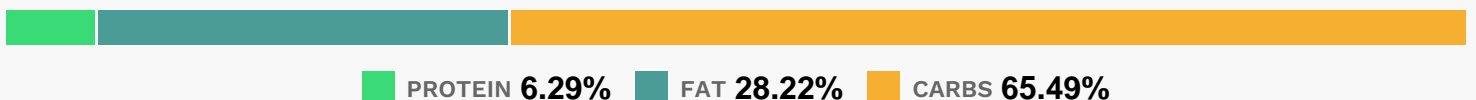
Equipment

- bowl
- oven
- whisk
- casserole dish

Directions

- Toss the rhubarb and strawberries with sugar, tapioca, zest, let rest: In a bowl, mix the rhubarb and the strawberries with the sugar, tapioca, and orange zest.
- Let sit to macerate for 30 minutes to an hour.
- Preheat oven to 350°F (175°C).
- Make the biscuit topping: In a medium bowl, whisk together the flour, 2 Tbsp sugar, the baking powder and salt.
- Use your (clean) hands to work the butter into the flour until the mixture resembles coarse crumbs, with pieces of butter no bigger than a pea.
- Stir in the milk and egg until just moistened (do not over-mix!).
- Put fruit in casserole, top with biscuit dough:
- Pour the strawberry rhubarb mixture into a 2-quart casserole dish. Drop the biscuit dough on top of the fruit, like cobblestones.
- Bake in a 350°F (175°C) oven for 35 minutes until cobbler crust is golden brown.
- Serve with whipped cream (optional).

Nutrition Facts



Properties

Glycemic Index:74.7, Glycemic Load:27.97, Inflammation Score:-5, Nutrition Score:10.59347830648%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 288.39kcal (14.42%), Fat: 9.27g (14.26%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 45.41g (16.51%), Sugar: 23.98g (26.64%), Cholesterol: 48.85mg (16.28%), Sodium: 282.71mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin C: 28.94mg (35.08%), Vitamin K: 28.38µg (27.03%), Manganese: 0.47mg (23.49%), Calcium: 166.33mg (16.63%), Selenium: 11.17µg (15.95%), Folate: 58.53µg (14.63%), Vitamin B1: 0.21mg (13.77%), Fiber: 2.99g (11.96%), Vitamin B2: 0.2mg (11.62%), Potassium: 370.98mg (10.6%), Phosphorus: 94.04mg (9.4%), Iron: 1.61mg (8.94%), Vitamin B3: 1.72mg (8.58%), Vitamin A: 391.72IU (7.83%), Magnesium: 23.08mg (5.77%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.38mg (3.81%), Copper: 0.08mg (3.75%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.26µg (1.73%)