



Summer-Fruit Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons buttermilk
- ☐ 0.5 cup cornmeal fine
- ☐ 2 tablespoons cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup granulated sugar divided
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 4 cups nectarines peeled sliced (6 to 8)
- ☐ 1 pint raspberries
- ☐ 1 tablespoon sugar raw
- ☐ 0.8 teaspoon salt divided
- ☐ 5 tablespoons butter unsalted plus more for greasing pan sliced

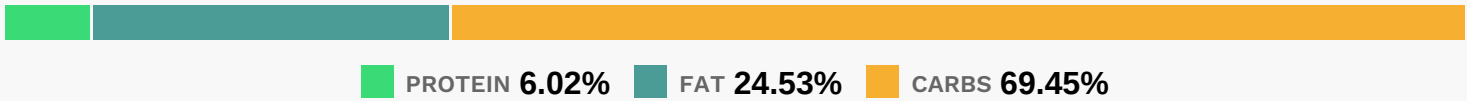
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Butter a 9"-square baking pan. In a bowl, toss nectarines and raspberries with 1/3 cup granulated sugar, cornstarch, juice and 1/4 teaspoon salt to combine; add to pan.In another bowl, whisk remaining 1/3 cup granulated sugar, flour, cornmeal, baking powder, baking soda and remaining 1/2 teaspoon salt. In a food processor, pulse sugar-flour mixture 10 seconds; add sliced butter; pulse until dough pieces are the size of peas, 1 minute.
- ☐ Add buttermilk; pulse a few more times until just combined. Use a 1/3-cup measure to portion dough into 10 round biscuits; place on top of fruit. Lightly press biscuits with fingers to flatten tops; sprinkle cobbler with raw sugar.
- ☐ Bake until juices bubble thickly and biscuits are golden brown, 50 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:24.28, Inflammation Score:-5, Nutrition Score:8.5273913145065%

Flavonoids

Cyanidin: 22.88mg, Cyanidin: 22.88mg, Cyanidin: 22.88mg, Cyanidin: 22.88mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 253.06kcal (12.65%), Fat: 7.11g (10.94%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 40.18g (14.61%), Sugar: 21.75g (24.17%), Cholesterol: 16.04mg (5.35%), Sodium: 333.02mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Manganese: 0.51mg (25.44%), Fiber: 5.12g (20.49%), Vitamin C: 14.64mg (17.74%), Vitamin B1: 0.19mg (12.4%), Folate: 45.63µg (11.41%), Vitamin B3: 2.05mg (10.27%), Selenium: 6.4µg (9.14%), Phosphorus: 90.55mg (9.06%), Iron: 1.57mg (8.75%), Vitamin B2: 0.14mg (8.15%), Vitamin A: 395.39IU (7.91%), Calcium: 75.34mg (7.53%), Magnesium: 28.92mg (7.23%), Copper: 0.14mg (6.84%), Vitamin E: 0.97mg (6.47%), Potassium: 204.93mg (5.86%), Vitamin K: 5.41µg (5.16%), Vitamin B6: 0.1mg (4.91%), Zinc: 0.72mg (4.79%), Vitamin B5: 0.42mg (4.21%), Vitamin D: 0.22µg (1.48%)