



Sweet Cherry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 cups cherries dark sweet frozen thawed (14 oz; not)
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 teaspoons cornstarch
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup buttermilk low-fat well-shaken
- ☐ 0.1 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1.5 tablespoons butter unsalted cold cut into small bits

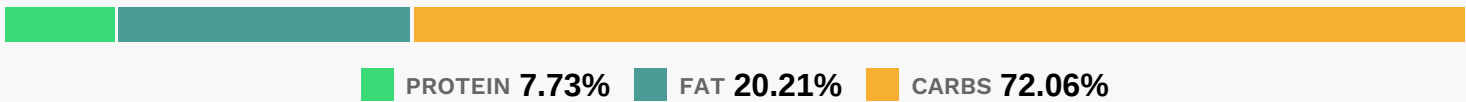
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Cook all filling ingredients with a pinch of salt in a 2-quart heavy saucepan over moderate heat, stirring occasionally, until sugar begins to dissolve, about 3 minutes. Spoon filling into a 9-inch ceramic or glass pie plate (1 inch deep).
- ☐ Whisk together flour, 2 teaspoons sugar, baking soda, baking powder, and salt in a medium bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in buttermilk with a fork until just combined (do not overmix). Drop dough in 4 mounds over filling, leaving space between mounds.
- ☐ Sprinkle topping with remaining teaspoon sugar.
- ☐ Bake until topping is golden brown and fruit is bubbling, about 25 minutes. Cool slightly and serve warm.
- ☐ Each serving contains about 241 calories and 4 grams fat.
- ☐ Epicurious

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:18.26, Inflammation Score:-4, Nutrition Score:6.4691304383071%

Flavonoids

Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 211.96kcal (10.6%), Fat: 4.92g (7.57%), Saturated Fat: 2.9g (18.16%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 36.59g (13.31%), Sugar: 17.27g (19.19%), Cholesterol: 12.09mg (4.03%), Sodium: 198.35mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B1: 0.22mg (14.6%), Manganese: 0.26mg (12.78%), Selenium: 8.45µg (12.07%), Folate: 48.2µg (12.05%), Fiber: 2.88g (11.53%), Vitamin B2: 0.18mg (10.77%), Vitamin C: 7.45mg (9.03%), Iron: 1.52mg (8.42%), Potassium: 287mg (8.2%), Vitamin B3: 1.56mg (7.79%), Phosphorus: 71.79mg (7.18%), Calcium: 57.47mg (5.75%), Copper: 0.1mg (5.01%), Magnesium: 19.02mg (4.76%), Vitamin A: 207.21IU (4.14%), Vitamin B5: 0.37mg (3.7%), Vitamin B6: 0.07mg (3.41%), Vitamin K: 2.67µg (2.54%), Zinc: 0.33mg (2.19%), Vitamin E: 0.22mg (1.47%)