



Sweet Dark Cherry Cobbler

READY IN



55 min.

SERVINGS



8

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 12 ounce cherries dark sweet frozen thawed pitted
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening

- ☐ 0.8 cup water
- ☐ 0.3 cup sugar white divided

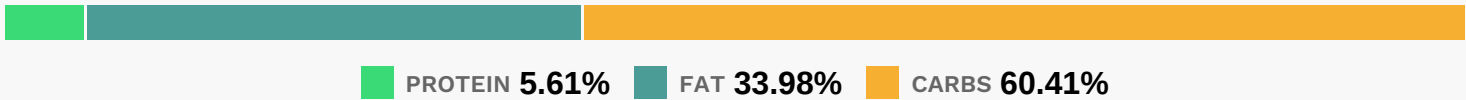
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease an 8-inch square baking dish.
- ☐ Combine 1/2 cup sugar, cornstarch, and cinnamon in a large saucepan; stir in water until mixture is smooth.
- ☐ Add cherries and butter to sugar mixture and bring to a boil; cook and stir until cherry mixture is thickened, about 2 minutes.
- ☐ Pour cherry filling into the prepared baking dish.
- ☐ Mix flour, 2 tablespoons sugar, baking powder, and salt in a bowl; cut in shortening using a pastry blender until mixture resembles coarse crumbs. Stir milk into flour mixture until topping is just moistened. Drop topping by spoonfuls over cherry filling; sprinkle remaining 2 tablespoons sugar over topping.
- ☐ Bake in the preheated oven until topping is golden brown, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:44.01, Glycemic Load:14.82, Inflammation Score:-2, Nutrition Score:4.3747825985369%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 180.32kcal (9.02%), Fat: 6.97g (10.72%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 26.47g (9.62%), Sugar: 12.46g (13.84%), Cholesterol: 5.59mg (1.86%), Sodium: 270.26mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin B1: 0.14mg (9.58%), Calcium: 87.97mg (8.8%), Selenium: 5.7µg (8.15%), Manganese: 0.16mg (8.03%), Folate: 30.35µg (7.59%), Vitamin B2: 0.11mg (6.71%), Phosphorus: 63.88mg (6.39%), Iron: 1.02mg (5.65%), Fiber: 1.4g (5.61%), Vitamin B3: 1.01mg (5.03%), Potassium: 135.37mg (3.87%), Vitamin C: 2.98mg (3.61%), Vitamin K: 3.7µg (3.52%), Copper: 0.05mg (2.69%), Magnesium: 10.61mg (2.65%), Vitamin E: 0.38mg (2.56%), Vitamin B5: 0.25mg (2.45%), Vitamin A: 96.02IU (1.92%), Vitamin B6: 0.04mg (1.87%), Vitamin B12: 0.09µg (1.42%), Zinc: 0.21mg (1.4%), Vitamin D: 0.17µg (1.12%)