



TennTucky Blackberry Cobbler

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 cups blackberries fresh
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 8 oz cup heavy whipping cream sour

☐ 1.5 cups sugar divided

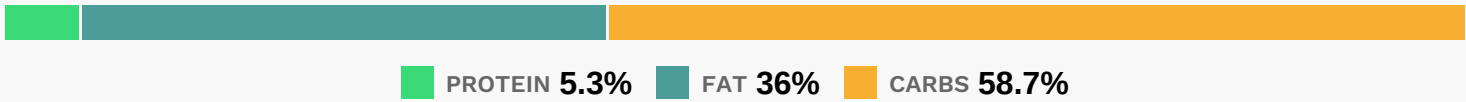
Equipment

- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Stir together cornstarch and 1/2 cup sugar. Toss berries with cornstarch mixture, and spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add remaining 1 cup sugar, beating well.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Combine flour and baking powder. Stir together sour cream and baking soda.
- ☐ Add flour mixture to butter mixture alternately with sour cream mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Spoon batter over berry mixture.
- ☐ Bake at 350 for 45 minutes; shield loosely with aluminum foil to prevent excessive browning, and bake 20 to 25 minutes or until a wooden pick inserted in center of cake topping comes out clean.
- ☐ Switch It UpSummer Fruit Cobbler: Substitute 3 cups coarsely chopped, peeled fresh nectarines; 2 cups fresh blueberries; and 1 cup fresh raspberries for blackberries.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:40.48, Inflammation Score:-7, Nutrition Score:13.535652165828%

Flavonoids

Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 463.69kcal (23.18%), Fat: 19.08g (29.35%), Saturated Fat: 10.6g (66.24%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 63.59g (23.12%), Sugar: 43.78g (48.64%), Cholesterol: 93.73mg (31.24%), Sodium: 267.86mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Manganese: 0.87mg (43.37%), Vitamin C: 22.94mg (27.8%), Fiber: 6.39g (25.54%), Vitamin K: 22.91µg (21.82%), Selenium: 13.72µg (19.6%), Folate: 77.89µg (19.47%), Vitamin A: 829.78IU (16.6%), Vitamin B2: 0.26mg (15.33%), Vitamin B1: 0.22mg (14.46%), Vitamin E: 1.85mg (12.31%), Calcium: 118.38mg (11.84%), Iron: 2.11mg (11.74%), Phosphorus: 115.6mg (11.56%), Copper: 0.23mg (11.51%), Vitamin B3: 2.12mg (10.62%), Magnesium: 31.67mg (7.92%), Potassium: 257.12mg (7.35%), Vitamin B5: 0.7mg (7.03%), Zinc: 1.01mg (6.73%), Vitamin B6: 0.08mg (3.8%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.25µg (1.67%)