



TennTucky Blackberry Cobbler

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries frozen
- ☐ 0.5 cup butter melted
- ☐ 1 cup milk
- ☐ 1 cup self-rising flour
- ☐ 1.3 cups sugar

Equipment

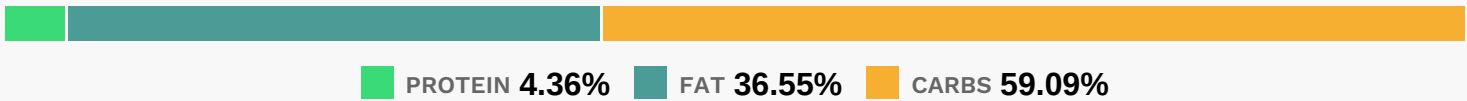
- ☐ oven
- ☐ whisk

☐ baking pan

Directions

- ☐ Whisk together 1 cup sugar, flour, and milk just until blended; whisk in melted butter.
- ☐ Pour batter into a lightly greased 12- x 8-inch baking dish; sprinkle blackberries and remaining 1/4 cup sugar evenly over batter.
- ☐ Bake at 350 for 1 hour or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:41.68, Glycemic Load:40.12, Inflammation Score:-5, Nutrition Score:6.9795652057814%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 416.3kcal (20.81%), Fat: 17.36g (26.7%), Saturated Fat: 10.54g (65.86%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 60.09g (21.85%), Sugar: 45.96g (51.06%), Cholesterol: 45.55mg (15.18%), Sodium: 138.4mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Manganese: 0.48mg (23.92%), Selenium: 9.67µg (13.82%), Vitamin A: 641.74IU (12.83%), Vitamin C: 10.08mg (12.22%), Fiber: 3.04g (12.18%), Vitamin K: 11.01µg (10.49%), Phosphorus: 76.38mg (7.64%), Vitamin E: 1.1mg (7.36%), Calcium: 72.02mg (7.2%), Copper: 0.12mg (6.02%), Vitamin B2: 0.1mg (5.61%), Magnesium: 20.07mg (5.02%), Folate: 19.44µg (4.86%), Potassium: 164.97mg (4.71%), Vitamin B12: 0.25µg (4.2%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.4mg (3.96%), Vitamin B1: 0.05mg (3.33%), Vitamin D: 0.45µg (2.98%), Vitamin B3: 0.57mg (2.85%), Iron: 0.51mg (2.83%), Vitamin B6: 0.05mg (2.37%)