

Tomato Cobbler

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 cups cherry tomatoes halved
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon granulated sugar

- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon brown sugar light packed
- ☐ 0.7 cup milk plus more for brushing
- ☐ 1 medium onion diced
- ☐ 1.8 pounds tomatoes cut into 1-inch chunks
- ☐ 3 tablespoons butter unsalted
- ☐ 6 tablespoons butter unsalted cold thinly sliced
- ☐ 2 teaspoons whole-grain mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ pastry cutter

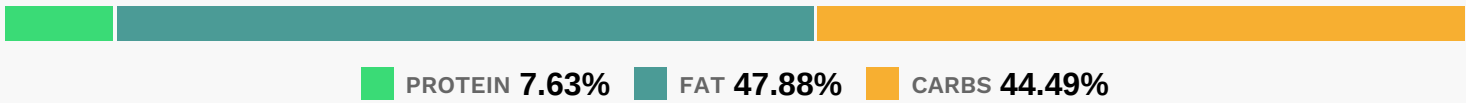
Directions

- ☐ Heat 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the onion and cook, stirring occasionally, until soft and lightly golden, about 5 minutes.
- ☐ Add the garlic, thyme and cayenne and cook 1 more minute.
- ☐ Add the chopped tomatoes, brown sugar and 1 1/4 teaspoons salt. Bring to a simmer and cook until the tomatoes just begin to soften, 4 to 5 minutes.
- ☐ Remove from the heat, then gently stir in the cherry tomatoes and flour.
- ☐ Transfer to a 2-quart baking dish and dot with the remaining 1 tablespoon butter.
- ☐ Whisk the flour, baking powder, granulated sugar, 3/4 teaspoon salt, and black pepper to taste in a medium bowl.

- ☐
- Add the butter and use a pastry cutter or your fingers to rub the butter into the flour until it resembles coarse meal with pea-size pieces of butter.

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Nutrition Facts



Properties

Glycemic Index:97.68, Glycemic Load:22.38, Inflammation Score:-9, Nutrition Score:14.897826028907%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 343.18kcal (17.16%), Fat: 18.66g (28.71%), Saturated Fat: 11.41g (71.3%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 35.65g (12.96%), Sugar: 8.26g (9.17%), Cholesterol: 48.4mg (16.13%), Sodium: 344.67mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin A: 1948.98IU (38.98%), Vitamin C: 31.69mg (38.41%), Manganese: 0.51mg (25.56%), Vitamin B1: 0.37mg (24.79%), Folate: 94.83µg (23.71%), Selenium: 13.66µg (19.52%), Vitamin B3: 3.2mg (16.01%), Potassium: 543.59mg (15.53%), Vitamin B2: 0.26mg (15.47%), Phosphorus: 147.1mg (14.71%), Iron: 2.59mg (14.41%), Fiber: 3.37g (13.48%), Vitamin K: 13.81µg (13.15%), Calcium: 130.7mg (13.07%), Vitamin B6: 0.22mg (10.8%), Vitamin E: 1.54mg (10.25%), Copper: 0.18mg (9.23%), Magnesium: 34.38mg (8.6%), Vitamin B5: 0.5mg (4.96%), Zinc: 0.73mg (4.88%), Vitamin D: 0.61µg (4.09%), Vitamin B12: 0.18µg (3.04%)