



Traditional Blackberry Cobbler



Vegetarian

Image not found or type unknown

READY IN

ready

35 min.

SERVINGS

servings

10

CALORIES

calories

174 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 pounds blackberries frozen thawed
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar white

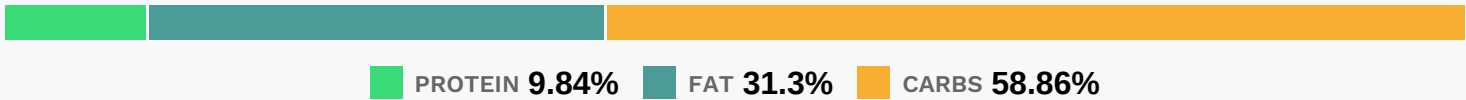
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Toss the blackberries with 1 1/4 cups sugar and 1 1/2 tablespoons flour in a mixing bowl.
- ☐ Spread into a 9x9-inch baking dish, and dot with 1 1/2 tablespoons of butter. In a separate bowl, whisk 1 1/2 cups flour together with baking powder, salt, and 2 tablespoons sugar.
- ☐ Cut in the softened butter until the mixture resembles cornmeal. Stir in the milk and egg until combined. Drop the batter over the berries by the spoonful.
- ☐ Bake in the preheated oven until the fruit is tender and the topping is golden brown, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:10.203913154809%

Flavonoids

Cyanidin: 90.67mg, Cyanidin: 90.67mg, Cyanidin: 90.67mg, Cyanidin: 90.67mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.62mg, Catechin: 33.62mg, Catechin: 33.62mg, Catechin: 33.62mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 174.42kcal (8.72%), Fat: 6.23g (9.59%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 21.07g (7.66%), Sugar: 7.68g (8.53%), Cholesterol: 32.75mg (10.92%), Sodium: 172.81mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Manganese: 0.72mg (35.81%), Vitamin C: 19.05mg (23.09%), Fiber: 5.32g (21.26%), Vitamin K: 18.48µg (17.6%), Folate: 59.51µg (14.88%), Selenium: 8.64µg (12.34%), Vitamin B1: 0.18mg (11.78%), Vitamin B2: 0.16mg (9.64%), Copper: 0.18mg (9.04%), Calcium: 88.61mg (8.86%), Iron: 1.59mg (8.83%), Vitamin B3: 1.72mg (8.58%), Vitamin E: 1.26mg (8.43%), Phosphorus: 81.05mg (8.1%), Vitamin A: 389.31IU (7.79%), Magnesium: 25.1mg (6.27%), Potassium: 199.87mg (5.71%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.48mg (4.76%), Vitamin B6: 0.05mg (2.7%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.28µg (1.86%)