



## Winter Blackberry Cobbler

READY IN



140 min.

SERVINGS



10

CALORIES



605 kcal

DESSERT

### Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 32 oz blackberries frozen
- ☐ 0.3 cup butter divided cut into 1/4-inch pieces and
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.7 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 1 tablespoon sugar
- ☐ 2 cups sugar
- ☐ 10 servings whipped cream

## Equipment

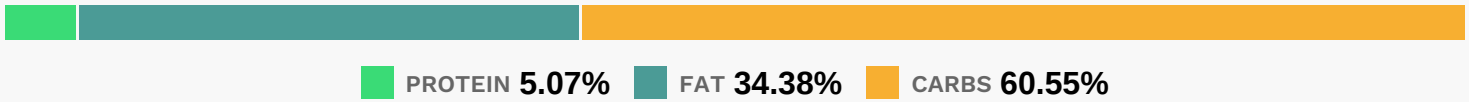
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Preheat oven to 425
- ☐ Whisk together first 3 ingredients in a medium bowl.
- ☐ Cut shortening into flour mixture with a pastry blender or fork until mixture is slightly crumbly.
- ☐ Add milk, stirring with a fork until dry ingredients are moistened and mixture is soft enough to form a soft ball.
- ☐ Turn dough out onto a lightly floured surface, and knead 6 to 8 times. Divide dough in half.
- ☐ Roll 1 dough half to 1/4-inch thickness on a lightly floured surface, and cut into 1-inch-wide strips.
- ☐ Place on a lightly greased baking sheet.
- ☐ Bake strips at 425 for 15 minutes or until lightly browned.
- ☐ Transfer strips to a wire rack, and let cool completely (about 30 minutes). Reduce oven temperature to 350
- ☐ Meanwhile, roll remaining dough half to 1/4-inch thickness; cut dough into 1-inch-wide strips.
- ☐ Sprinkle 2 cups sugar, 1/3 cup flour, and lemon juice over frozen blackberries in a large bowl, and gently stir.

- ☐ Spoon half of blackberry mixture into a lightly greased 13- x 9-inch baking dish. Break each baked dough strip into 2 or 3 pieces, and place on top of blackberry mixture in baking dish. Dot blackberry mixture with half of butter pieces. Spoon remaining blackberry mixture over baked dough strips.
- ☐ Arrange unbaked dough strips in a lattice design over filling, and sprinkle with 1 Tbsp. sugar. Dot blackberry mixture with remaining butter pieces.
- ☐ Bake at 350 for 50 to 60 minutes or until pastry is golden and mixture is bubbly.
- ☐ Serve with vanilla ice cream.
- ☐ TRY THIS TWIST!
- ☐ Summer Blackberry Cobbler: Substitute 8 cups fresh blackberries for frozen. Prepare recipe as directed, letting berries stand 10 minutes after stirring together mixture in Step ?Hands-on time: 45 min.; Total time: 2 hr., 30 min.

## Nutrition Facts



## Properties

Glycemic Index:55.62, Glycemic Load:58.98, Inflammation Score:-7, Nutrition Score:15.187826125518%

## 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 604.71kcal (30.24%), Fat: 23.56g (36.24%), Saturated Fat: 10.33g (64.57%), Carbohydrates: 93.35g (31.12%), Net Carbohydrates: 87.12g (31.68%), Sugar: 60.43g (67.15%), Cholesterol: 43.19mg (14.4%), Sodium: 346.53mg (15.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Manganese: 0.84mg (41.79%), Fiber: 6.23g (24.92%), Vitamin C: 19.64mg (23.81%), Vitamin K: 24.17µg (23.01%), Vitamin B2: 0.39mg

(22.9%), Folate: 91.06µg (22.77%), Vitamin B1: 0.33mg (22.32%), Selenium: 14.17µg (20.25%), Calcium: 179.26mg (17.93%), Phosphorus: 160.68mg (16.07%), Vitamin B3: 2.77mg (13.87%), Vitamin E: 2.05mg (13.66%), Iron: 2.37mg (13.18%), Vitamin A: 640.2IU (12.8%), Copper: 0.22mg (10.96%), Potassium: 343.48mg (9.81%), Magnesium: 37.46mg (9.37%), Vitamin B5: 0.93mg (9.26%), Zinc: 1.26mg (8.41%), Vitamin B12: 0.35µg (5.91%), Vitamin B6: 0.08mg (4.25%), Vitamin D: 0.31µg (2.07%)