



Yummy Blueberry Cobbler

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 3 cups blueberries fresh
- 4.5 tablespoons butter softened
- 1.5 tablespoons cornstarch
- 1.5 cups flour all-purpose
- 1 pinch ground cinnamon
- 0.5 optional: lemon
- 0.8 teaspoon salt

- 0.8 cup water boiling
- 1.5 cups sugar white
- 0.8 cup milk whole

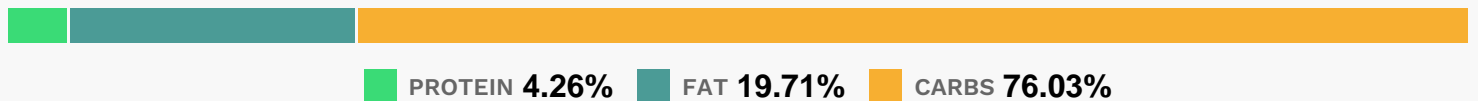
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease an 11x7 inch baking dish.
- Spread the blueberries out to cover the entire bottom of the baking dish. Squeeze the juice from the lemon over them. In a medium bowl, stir together the butter and 1 1/8 cups sugar until smooth. Stir in flour and baking powder alternately with the milk until smooth. Batter will be thin. Spoon over the berries, and spread evenly.
- In a small bowl, stir together 1 1/2 cups of sugar, salt, and cornstarch.
- Sprinkle over the top of the batter. Dust with a pinch of cinnamon, then pour the boiling water over the entire dish.
- Bake for 45 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:49.45, Glycemic Load:42.51, Inflammation Score:-4, Nutrition Score:7.0034782109053%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 1.44mg,

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 339.64kcal (16.98%), Fat: 7.67g (11.8%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 66.58g (22.19%), Net Carbohydrates: 64.4g (23.42%), Sugar: 44.29g (49.21%), Cholesterol: 19.68mg (6.56%), Sodium: 359.62mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Manganese: 0.36mg (17.83%), Vitamin B1: 0.22mg (14.7%), Selenium: 8.81µg (12.59%), Folate: 47.2µg (11.8%), Vitamin K: 11.41µg (10.87%), Vitamin C: 8.96mg (10.86%), Vitamin B2: 0.18mg (10.66%), Fiber: 2.18g (8.73%), Calcium: 84.15mg (8.42%), Vitamin B3: 1.65mg (8.25%), Iron: 1.4mg (7.76%), Phosphorus: 74.69mg (7.47%), Vitamin A: 265.38IU (5.31%), Copper: 0.08mg (3.77%), Vitamin E: 0.54mg (3.57%), Potassium: 114.43mg (3.27%), Magnesium: 12.42mg (3.1%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.25µg (1.68%)