



5-Ingredient Blueberry Cobbler

READY IN



30 min.

SERVINGS



6

CALORIES



301 kcal

DESSERT

Ingredients

- 21 oz blueberry filling canned
- 1 cup baking mix bisquick heart smart®
- 2 tablespoons sugar
- 0.3 cup skim milk fat-free (skim)
- 1 tablespoon butter softened

Equipment

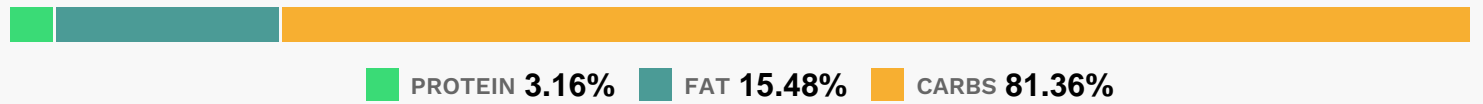
- bowl
- oven

- whisk
- glass baking pan

Directions

- Heat oven to 400°F. In ungreased 8-inch square (2-quart) glass baking dish, spread pie filling.
- Bake 10 minutes.
- Meanwhile, in small bowl, stir Bisquick mix, 1 tablespoon of the sugar, the milk and butter with wire whisk or fork until soft dough forms.
- Drop dough by 5 spoonfuls onto warm pie filling.
- Sprinkle tops of biscuits with remaining 1 tablespoon sugar.
- Bake 18 to 20 minutes or until topping is light golden brown.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:2.96, Inflammation Score:-2, Nutrition Score:5.4091304462889%

Nutrients (% of daily need)

Calories: 300.84kcal (15.04%), Fat: 5.18g (7.97%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 58.22g (21.17%), Sugar: 44.34g (49.27%), Cholesterol: 0.71mg (0.24%), Sodium: 293.34mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.28mg (14.09%), Phosphorus: 140.37mg (14.04%), Fiber: 3g (12%), Vitamin B1: 0.14mg (9.58%), Vitamin B2: 0.14mg (8.01%), Calcium: 76.81mg (7.68%), Iron: 1.35mg (7.5%), Copper: 0.14mg (7.12%), Folate: 26.22µg (6.55%), Vitamin B3: 1.01mg (5.06%), Vitamin K: 5.17µg (4.92%), Potassium: 164.81mg (4.71%), Magnesium: 16.22mg (4.05%), Vitamin B5: 0.31mg (3.06%), Selenium: 2.13µg (3.04%), Vitamin A: 126.92IU (2.54%), Vitamin B6: 0.05mg (2.51%), Vitamin B12: 0.14µg (2.33%), Vitamin E: 0.33mg (2.18%), Zinc: 0.27mg (1.77%)