



## Baking Mix Blackberry Cobbler

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



10

CALORIES



130 kcal

DESSERT

### Ingredients

- 1 cup baking mix all-purpose bisquick® (such as )
- 2 cups blackberries fresh
- 0.5 cup milk
- 2 teaspoons vegetable oil
- 1 cup water
- 0.7 cup sugar white

### Equipment

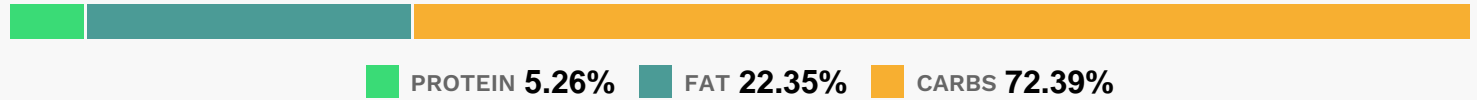
- bowl

- oven
- whisk
- baking pan

## Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x9-inch baking dish.
- Whisk the milk, oil, 1/3 cup sugar, and baking mix together in a bowl until no large lumps remain.
- Pour into the prepared baking dish.
- Whisk 2/3 cup sugar with the water in a clean bowl until mixed. Gently fold in the berries until evenly coated.
- Spread the berries over the baking mix batter.
- Bake in the preheated oven 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.31, Glycemic Load:9.83, Inflammation Score:-2, Nutrition Score:4.0243478806122%

## Flavonoids

Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 130.35kcal (6.52%), Fat: 3.32g (5.11%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.43g (8.16%), Sugar: 16.7g (18.55%), Cholesterol: 1.7mg (0.57%), Sodium: 159.36mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Manganese: 0.23mg (11.39%), Phosphorus: 88.86mg (8.89%), Vitamin K: 8.17µg (7.78%), Vitamin C: 6.08mg (7.37%), Fiber: 1.78g (7.11%), Folate: 22.2µg (5.55%),

Vitamin B1: 0.08mg (5.44%), Vitamin B2: 0.08mg (4.66%), Calcium: 45.68mg (4.57%), Vitamin B3: 0.74mg (3.72%),  
Copper: 0.07mg (3.54%), Vitamin E: 0.43mg (2.88%), Iron: 0.52mg (2.88%), Magnesium: 10.46mg (2.62%),  
Potassium: 84.78mg (2.42%), Vitamin B5: 0.23mg (2.31%), Selenium: 1.33µg (1.9%), Vitamin B12: 0.11µg (1.88%), Zinc:  
0.28mg (1.86%), Vitamin A: 81.88IU (1.64%), Vitamin B6: 0.03mg (1.26%)