



Berry-Almond Cobbler

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 0.5 cup rolled oats
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup almonds toasted chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup butter cold
- ☐ 0.3 cup granulated sugar

- ☐ 2 tablespoons flour all-purpose
- ☐ 5 cups berries mixed frozen
- ☐ 2 tablespoons juice of lemon

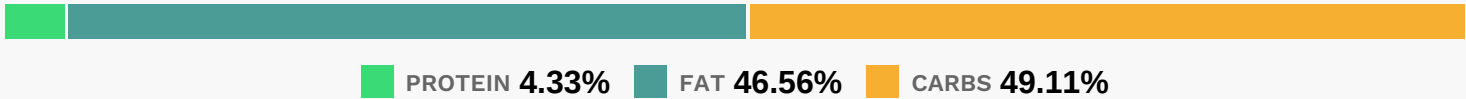
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Lightly grease 8-inch square (2-quart) glass baking dish with shortening or cooking spray.
- ☐ In medium bowl, stir Bisquick mix, oats, brown sugar, almonds, cinnamon and nutmeg.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly and begins to hold together.
- ☐ In large bowl, mix granulated sugar and flour.
- ☐ Add berries and lemon juice; toss until coated. Spoon berry mixture into baking dish.
- ☐ Sprinkle oat mixture evenly over berry mixture.
- ☐ Bake 50 minutes or until filling is bubbly and topping is golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.01, Glycemic Load:6.63, Inflammation Score:-5, Nutrition Score:8.1113042675931%

Flavonoids

Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg Petunidin: 17.59mg, Petunidin: 17.59mg, Petunidin: 17.59mg, Petunidin: 17.59mg Delphinidin: 20.92mg, Delphinidin: 20.92mg, Delphinidin: 20.92mg, Delphinidin: 20.92mg Malvidin: 48.1mg, Malvidin: 48.1mg, Malvidin: 48.1mg, Malvidin: 48.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 318.89kcal (15.94%), Fat: 17.07g (26.26%), Saturated Fat: 8.19g (51.16%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 36.37g (13.22%), Sugar: 23.21g (25.79%), Cholesterol: 30.8mg (10.27%), Sodium: 286.03mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.52mg (26.05%), Vitamin K: 18µg (17.14%), Fiber: 4.14g (16.57%), Phosphorus: 146.9mg (14.69%), Vitamin E: 1.99mg (13.26%), Vitamin B1: 0.17mg (11.09%), Vitamin B2: 0.18mg (10.36%), Folate: 33.85µg (8.46%), Vitamin A: 400.41IU (8.01%), Vitamin B3: 1.53mg (7.67%), Magnesium: 29.38mg (7.35%), Copper: 0.13mg (6.45%), Iron: 1.13mg (6.27%), Calcium: 60.3mg (6.03%), Selenium: 3.78µg (5.39%), Vitamin C: 3.92mg (4.76%), Vitamin B6: 0.09mg (4.29%), Potassium: 147.16mg (4.2%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.52mg (3.44%), Vitamin B12: 0.08µg (1.38%)