



Berry-Peach Cobbler

READY IN



65 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 0.3 cup sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 teaspoon nutmeg
- 0.3 cup butter cold cut into pieces
- 0.5 cup milk
- 1 teaspoon evaporated cane juice
- 0.8 cup sugar

- 2 tablespoons flour all-purpose
- 1 cup blueberries fresh
- 1 cup raspberries fresh
- 3 cups peaches peeled sliced
- 2 teaspoons lemon zest grated
- 1 tablespoon juice of lemon

Equipment

- bowl
- sauce pan
- oven
- blender
- baking pan
- glass casserole dish

Directions

- Heat oven to 400°F. Grease 2-quart glass casserole with butter or cooking spray.
- In medium bowl, stir together 1 1/4 cups flour, 1/3 cup sugar, the baking powder, salt and nutmeg.
- Cut in butter, using pastry blender or fork, until mixture looks like coarse crumbs. Stir in milk just until combined; set aside.
- In 2 1/2-quart saucepan, stir together 3/4 cup sugar and 2 tablespoons flour. Stir in blueberries, raspberries, peaches, lemon peel and lemon juice.
- Heat to boiling over medium-high heat, stirring constantly. Spoon fruit mixture into baking dish.
- Immediately drop biscuit dough by 8 spoonfuls onto hot mixture.
- Sprinkle sugar crystals over dough.
- Bake 25 to 35 minutes or until biscuits are golden brown. Cool at least 15 minutes before serving.

Nutrition Facts

PROTEIN 4.89% FAT 20.67% CARBS 74.44%

Properties

Glycemic Index:74.55, Glycemic Load:34.3, Inflammation Score:-5, Nutrition Score:7.3395652097204%

Flavonoids

Cyanidin: 9.54mg, Cyanidin: 9.54mg, Cyanidin: 9.54mg, Cyanidin: 9.54mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 288.19kcal (14.41%), Fat: 6.84g (10.52%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 55.4g (18.47%), Net Carbohydrates: 52.46g (19.08%), Sugar: 35.82g (39.8%), Cholesterol: 1.83mg (0.61%), Sodium: 306.13mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Manganese: 0.35mg (17.4%), Vitamin B1: 0.2mg (13.58%), Selenium: 8.98µg (12.83%), Folate: 47.46µg (11.86%), Fiber: 2.94g (11.75%), Vitamin C: 9.48mg (11.49%), Vitamin B2: 0.17mg (9.79%), Vitamin A: 482.08IU (9.64%), Vitamin B3: 1.92mg (9.59%), Iron: 1.45mg (8.05%), Calcium: 76.59mg (7.66%), Phosphorus: 76.2mg (7.62%), Vitamin K: 6.58µg (6.27%), Vitamin E: 0.9mg (6.01%), Copper: 0.1mg (5.18%), Potassium: 159.97mg (4.57%), Magnesium: 16.29mg (4.07%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.44mg (2.96%), Vitamin B6: 0.05mg (2.67%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.17µg (1.12%)