



Biscuit-Topped Mixed Berry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



197 kcal

DESSERT

Ingredients

- 1.5 cups baking mix all-purpose
- 4 cups poached berries assorted (blackberries, blueberries and raspberries)
- 0.3 tsp ground cinnamon
- 1 Tbsp juice of lemon
- 0.3 cup milk
- 3 Tbsp minute tapioca
- 0.8 cup sugar divided
- 0.8 cup water

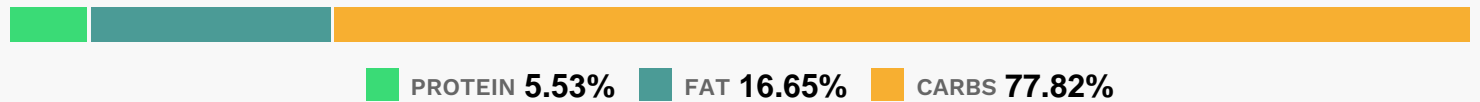
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Spoon berries into 9-inch square baking dish sprayed with cooking spray; set aside.
- Mix 3/4 cup sugar, tapioca and cinnamon in large saucepan; stir in water and lemon juice. Bring to boil on medium-high heat, stirring frequently.
- Pour over berries.
- Stir baking mix, remaining sugar and milk in medium bowl until mixture forms soft dough. Drop by heaping tablespoonfuls over fruit mixture.
- Bake 28 to 30 min. or until biscuit topping is golden brown. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:15.34, Glycemic Load:12.49, Inflammation Score:-5, Nutrition Score:7.3569565311722%

Flavonoids

Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 196.59kcal (9.83%), Fat: 3.74g (5.76%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 35.48g (12.9%), Sugar: 22.56g (25.07%), Cholesterol: 1.48mg (0.49%), Sodium: 260.45mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Manganese: 0.5mg (24.76%), Vitamin C: 14.15mg (17.15%), Fiber: 3.86g (15.42%), Phosphorus: 140.39mg (14.04%), Vitamin K: 14.02µg (13.35%), Folate: 41.34µg (10.33%), Vitamin B1: 0.13mg (8.89%), Copper: 0.14mg (7.07%), Vitamin B2: 0.12mg (7.06%), Calcium: 67.06mg (6.71%), Vitamin B3: 1.33mg (6.67%), Iron: 0.97mg (5.37%), Vitamin E: 0.78mg (5.22%), Magnesium: 19.22mg (4.81%), Potassium: 152.2mg (4.35%), Vitamin B5: 0.39mg (3.9%), Zinc: 0.5mg (3.35%), Vitamin A: 152.71IU (3.05%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.13µg (2.11%), Vitamin B6: 0.04mg (2.04%)