



Blackberry Dumpling Cobbler

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



230 kcal

DESSERT

Ingredients

- 32 oz blackberries frozen
- 2 cups sugar
- 0.3 cup butter
- 0.7 cup skim milk fat-free (skim)
- 0.8 cup rolled oats
- 1 serving whipped cream
- 2.3 cups frangelico

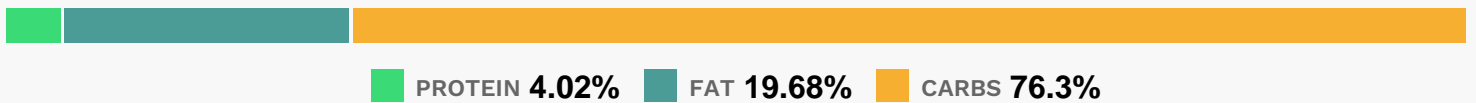
Equipment

- bowl
- sauce pan
- oven
- baking pan
- hand mixer
- glass baking pan

Directions

- Heat oven to 350°F. Lightly grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray.
- In 3-quart saucepan, heat blackberries, 1 1/3 cups of the sugar and the butter to boiling over medium heat, stirring gently until butter is melted and sugar is dissolved.
- Remove from heat; set aside.
- In large bowl, beat cream cheese and remaining 2/3 cup sugar with electric mixer on medium speed until fluffy. Beat in milk until smooth. Stir in Bisquick mix and oats.
- Spread two-thirds of the cream cheese mixture (about 3 cups) in baking dish; spoon blackberry mixture evenly over top. Dollop remaining cream cheese mixture over blackberry mixture.
- Bake 35 minutes or until filling is bubbly and topping is golden brown.
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:23.28, Glycemic Load:26.24, Inflammation Score:-5, Nutrition Score:7.155652191328%

Flavonoids

Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 28.02mg, Catechin: 28.02mg, Catechin: 28.02mg, Catechin: 28.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.52mg,

Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.51mg,
Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg
Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.51mg, Myricetin:
0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin:
2.71mg

Nutrients (% of daily need)

Calories: 229.97kcal (11.5%), Fat: 5.26g (8.09%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 45.86g (15.29%),
Net Carbohydrates: 41.31g (15.02%), Sugar: 38.86g (43.18%), Cholesterol: 13mg (4.33%), Sodium: 41.78mg (1.82%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Manganese: 0.67mg (33.73%), Vitamin C:
15.91mg (19.28%), Fiber: 4.56g (18.23%), Vitamin K: 15.42µg (14.68%), Copper: 0.15mg (7.42%), Vitamin E: 1.03mg
(6.88%), Vitamin A: 330.88IU (6.62%), Magnesium: 24.61mg (6.15%), Phosphorus: 58.88mg (5.89%), Folate: 21.21µg
(5.3%), Calcium: 51.03mg (5.1%), Potassium: 176.29mg (5.04%), Zinc: 0.69mg (4.61%), Iron: 0.71mg (3.93%), Vitamin
B2: 0.07mg (3.91%), Vitamin B5: 0.35mg (3.51%), Selenium: 2.39µg (3.41%), Vitamin B1: 0.05mg (3.24%), Vitamin B3:
0.57mg (2.85%), Vitamin B6: 0.04mg (1.92%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.16µg (1.07%)