



Blueberry Almond Cobbler

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced chopped
- ☐ 5 cups blueberries frozen
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter cold
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup rolled oats
- ☐ 1 cup baking mix bisquick heart smart®

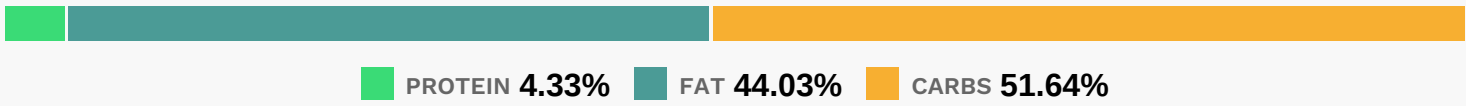
Equipment

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

Directions

- ☐ Heat oven to 350F. Lightly spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In large bowl, stir together 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 stick together.
- ☐ In medium bowl, mix granulated sugar and flour.
- ☐ Add blueberries and lemon juice; toss to coat. Spoon blueberry mixture into baking dish. Top with oat mixture.
- ☐ Bake 50 minutes or until filling is bubbly and topping is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:11.08, Inflammation Score:-6, Nutrition Score:8.5365217043006%

Flavonoids

Cyanidin: 7.9mg, Cyanidin: 7.9mg, Cyanidin: 7.9mg, Cyanidin: 7.9mg Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg,

Delphinidin: 32.77mg Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 313.26kcal (15.66%), Fat: 15.87g (24.42%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 38.33g (13.94%), Sugar: 24.16g (26.85%), Cholesterol: 0.3mg (0.1%), Sodium: 328.53mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Manganese: 0.65mg (32.65%), Vitamin K: 18.97µg (18.07%), Fiber: 3.55g (14.19%), Phosphorus: 139.53mg (13.95%), Vitamin C: 10.5mg (12.73%), Vitamin E: 1.75mg (11.69%), Vitamin A: 558.72IU (11.17%), Vitamin B1: 0.17mg (11.13%), Vitamin B2: 0.16mg (9.44%), Folate: 31.63µg (7.91%), Vitamin B3: 1.36mg (6.78%), Copper: 0.13mg (6.66%), Magnesium: 25.93mg (6.48%), Iron: 1.15mg (6.39%), Calcium: 54.67mg (5.47%), Selenium: 3.56µg (5.09%), Potassium: 156.95mg (4.48%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.07µg (1.21%)