



Blueberry-Almond Cobbler

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 1 cup baking mix all-purpose reduced-fat
- ☐ 5 cups blueberries frozen
- ☐ 0.3 cup brown sugar packed
- ☐ 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 butter light chilled
- ☐ 0.5 cup oats uncooked

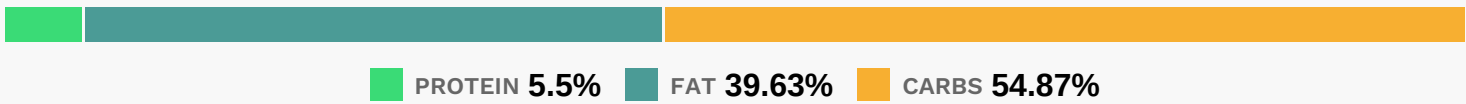
Equipment

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

Directions

- ☐ Combine first 6 ingredients in a large bowl; cut in butter with a pastry blender until mixture is crumbly and begins to stick together.
- ☐ Combine granulated sugar and flour. Toss together granulated sugar mixture, blueberries, and lemon juice in a medium bowl.
- ☐ Transfer blueberry mixture to a lightly greased 2-quart baking dish.
- ☐ Sprinkle oat mixture evenly over blueberry mixture.
- ☐ Bake at 350 for 50 minutes or until bubbly and golden.
- ☐ Note: For testing purposes only, we used Bisquick Heart Smart All-Purpose Baking
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:11.1, Inflammation Score:-5, Nutrition Score:8.9326087495555%

Flavonoids

Cyanidin: 7.94mg, Cyanidin: 7.94mg, Cyanidin: 7.94mg, Cyanidin: 7.94mg 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:

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Nutrients (% of daily need)

Calories: 295.33kcal (14.77%), Fat: 13.51g (20.79%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 38.35g (13.94%), Sugar: 24.23g (26.92%), Cholesterol: 16.2mg (5.4%), Sodium: 200.16mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.69mg (34.47%), Vitamin K: 19.69µg (18.76%), Fiber: 3.75g (14.99%), Phosphorus: 149.03mg (14.9%), Vitamin E: 1.96mg (13.06%), Vitamin C: 10.48mg (12.7%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.18mg (10.82%), Folate: 32.34µg (8.09%), Magnesium: 30.55mg (7.64%), Iron: 1.37mg (7.63%), Copper: 0.15mg (7.49%), Vitamin B3: 1.41mg (7.07%), Calcium: 61.9mg (6.19%), Vitamin A: 305.95IU (6.12%), Selenium: 3.78µg (5.4%), Potassium: 173.32mg (4.95%), Zinc: 0.62mg (4.15%), Vitamin B6: 0.08mg (3.89%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.08µg (1.3%)