



Blueberry Cobbler



Vegetarian



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 1.3 cups pancake mix
- ☐ 0.5 cup sugar
- ☐ 0.7 cup milk
- ☐ 3 cups blueberries fresh

Equipment

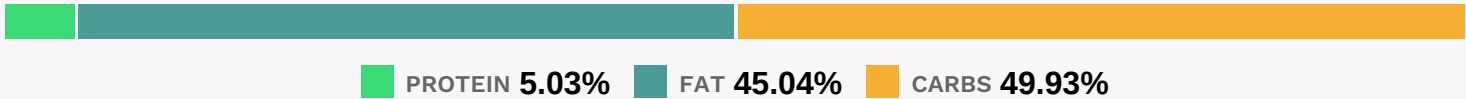
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Pour melted butter into 8 or 9-inch square baking dish.
- ☐ In medium bowl, whisk together Bisquick™ mix, sugar, and milk; pour over melted butter.
- ☐ Sprinkle blueberries evenly over Bisquick™ batter.
- ☐ Bake 42 to 47 minutes, or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:23.55, Inflammation Score:-6, Nutrition Score:9.3517391578011%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 423.05kcal (21.15%), Fat: 21.91g (33.7%), Saturated Fat: 12.41g (77.58%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 51.21g (18.62%), Sugar: 37.97g (42.19%), Cholesterol: 78.87mg (26.29%), Sodium: 357mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin K: 23.01µg (21.92%), Manganese: 0.43mg (21.62%), Phosphorus: 186.59mg (18.66%), Vitamin A: 752.17IU (15.04%), Calcium: 149.31mg (14.93%), Vitamin B2: 0.24mg (14.11%), Fiber: 3.44g (13.74%), Vitamin C: 11.01mg (13.35%), Vitamin B1: 0.15mg (9.77%), Vitamin

E: 1.14mg (7.6%), Selenium: 5.22µg (7.46%), Potassium: 232.85mg (6.65%), Vitamin B12: 0.39µg (6.56%), Vitamin B6: 0.13mg (6.29%), Folate: 21.92µg (5.48%), Magnesium: 20.9mg (5.22%), Vitamin B5: 0.52mg (5.18%), Vitamin B3: 1.02mg (5.08%), Iron: 0.86mg (4.75%), Zinc: 0.67mg (4.47%), Copper: 0.08mg (4.23%), Vitamin D: 0.45µg (2.98%)