



Blueberry-Peach Cobbler

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 2 lb peaches fresh peeled cut into 6 wedges
- ☐ 1 cup blueberries fresh
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 Dash salt
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 tablespoons milk
- ☐ 2 tablespoons butter softened
- ☐ 2 tablespoons granulated sugar
- ☐ 0.7 cup walnut pieces chopped
- ☐ 2 teaspoons milk
- ☐ 1 tablespoon coarse salt
- ☐ 1 cup frangelico

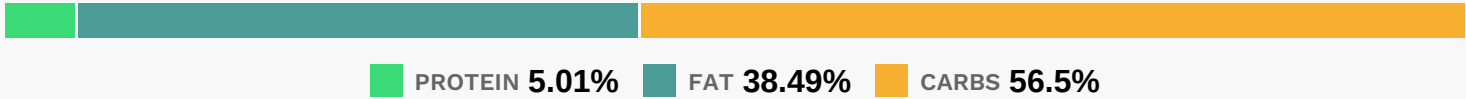
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. In medium bowl, stir together fruit mixture ingredients; let stand 10 minutes to allow sugar to pull juices from peaches.
- ☐ Transfer to ungreased 8-inch square (2-quart) glass baking dish.
- ☐ Bake uncovered about 10 minutes or until fruit is bubbling.
- ☐ Remove from oven; stir.
- ☐ Bake 10 to 12 minutes longer or until bubbly around edges (fruit must be hot in middle so biscuit topping bakes completely).
- ☐ Meanwhile, in medium bowl, stir all biscuit topping ingredients except 2 teaspoons milk and coarse sugar until firm dough forms.
- ☐ Drop dough by 6 spoonfuls onto warm fruit mixture.
- ☐ Brush dough with 2 teaspoons milk.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake 25 to 30 minutes or until biscuits are deep golden brown and bottom of center biscuit is no longer doughy. Cool 10 minutes on cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:65.24, Glycemic Load:21.17, Inflammation Score:-6, Nutrition Score:8.3195652313854%

Flavonoids

Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 285.98kcal (14.3%), Fat: 13.04g (20.06%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 39.25g (14.27%), Sugar: 36.52g (40.57%), Cholesterol: 0.8mg (0.27%), Sodium: 1236.28mg (53.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Manganese: 0.64mg (32.05%), Copper: 0.34mg (17.17%), Fiber: 3.81g (15.25%), Vitamin A: 687.03IU (13.74%), Vitamin C: 9.74mg (11.81%), Vitamin E: 1.49mg (9.93%), Vitamin K: 9.69µg (9.23%), Phosphorus: 89.61mg (8.96%), Magnesium: 35.48mg (8.87%), Potassium: 276.66mg (7.9%), Vitamin B3: 1.48mg (7.4%), Vitamin B6: 0.13mg (6.32%), Vitamin B1: 0.09mg (6.32%), Folate: 23.91µg (5.98%), Selenium: 4.13µg (5.91%), Iron: 1mg (5.55%), Zinc: 0.83mg (5.51%), Vitamin B2: 0.09mg (5.4%), Vitamin B5: 0.37mg (3.68%), Calcium: 31.96mg (3.2%)