



## Blueberry Streusel Cobbler

READY IN



16 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

### Ingredients

- ☐ 2 cups biscuit baking mix divided
- ☐ 1 pint blueberries
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 tablespoons butter cold
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 teaspoons lemon zest grated

- ☐ 0.5 cup nuts chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

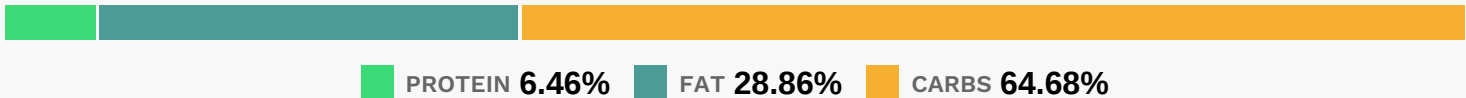
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 325 degrees F. In bowl, combine blueberries, sweetened condensed milk and lemon peel.
- ☐ In large bowl, cut 3/4 cup butter into 1 1/2 cups biscuit mix until crumbly; stir in blueberry mixture.
- ☐ Spread in greased 9-inch square baking pan.
- ☐ In small bowl, combine remaining 1/2 cup biscuit mix and brown sugar; cut in remaining 2 tablespoons butter until crumbly.
- ☐ Add nuts.
- ☐ Sprinkle over cobbler.
- ☐ Bake 65 to 70 minutes.
- ☐ Serve warm with vanilla ice cream and Blueberry Sauce. Store leftovers covered in refrigerator.
- ☐ Blueberry Sauce: In saucepan, combine sugar, cornstarch, cinnamon, and nutmeg. Gradually add water. Cook and stir until thickened. Stir in blueberries; cook and stir until hot.

## Nutrition Facts



## Properties

Glycemic Index:34.47, Glycemic Load:28.5, Inflammation Score:-5, Nutrition Score:11.858695825805%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 505.05kcal (25.25%), Fat: 16.65g (25.61%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 83.93g (27.98%), Net Carbohydrates: 80.93g (29.43%), Sugar: 62.23g (69.14%), Cholesterol: 17.47mg (5.82%), Sodium: 485.34mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Phosphorus: 349.02mg (34.9%), Manganese: 0.51mg (25.58%), Vitamin B2: 0.38mg (22.58%), Calcium: 219.53mg (21.95%), Vitamin B1: 0.26mg (17.2%), Selenium: 9.93µg (14.18%), Vitamin K: 13.7µg (13.05%), Folate: 51.3µg (12.82%), Fiber: 3g (12%), Magnesium: 45.98mg (11.5%), Vitamin B3: 2.16mg (10.79%), Copper: 0.21mg (10.71%), Potassium: 353.83mg (10.11%), Vitamin C: 7.81mg (9.47%), Iron: 1.55mg (8.6%), Vitamin B5: 0.84mg (8.42%), Zinc: 1.1mg (7.3%), Vitamin A: 292.83IU (5.86%), Vitamin B12: 0.34µg (5.65%), Vitamin B6: 0.11mg (5.63%), Vitamin E: 0.57mg (3.79%)