



Buttermilk, Apple and Berry Cobbler

READY IN



60 min.

SERVINGS



8

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 3 cups apples unpeeled chopped
- ☐ 3 cups poached berries frozen organic thawed cascadian farm®
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 1 box cake mix yellow
- ☐ 1 cup buttermilk
- ☐ 0.3 cup butter cold cut into small pieces
- ☐ 1 cup cool whip frozen thawed

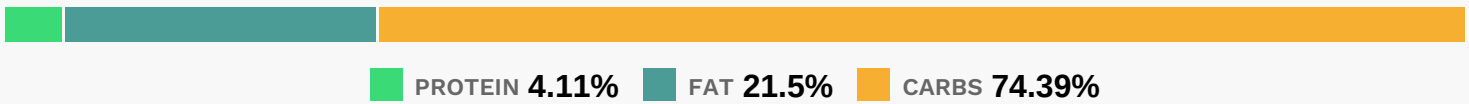
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, gently toss apples, berries, sugar, lemon peel and lemon juice.
- ☐ Spread fruit in even layer in baking dish.
- ☐ In medium bowl, stir together cake mix and buttermilk until blended. Spoon over fruit mixture and carefully spread in even layer, covering as much of fruit mixture as possible. Dot with butter.
- ☐ Bake 28 to 30 minutes or until top is golden brown. Cool 15 minutes.
- ☐ Serve warm cobbler in bowls with whipped topping.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:4.26, Inflammation Score:-4, Nutrition Score:8.8386955779532%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg,

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 387.35kcal (19.37%), Fat: 9.48g (14.58%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 73.79g (24.6%), Net Carbohydrates: 70.25g (25.54%), Sugar: 43.78g (48.65%), Cholesterol: 20.05mg (6.68%), Sodium: 555.45mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Phosphorus: 245.65mg (24.56%), Calcium: 190.63mg (19.06%), Vitamin B2: 0.3mg (17.42%), Fiber: 3.54g (14.16%), Vitamin B1: 0.2mg (13.65%), Folate: 53.13µg (13.28%), Vitamin K: 13.05µg (12.43%), Manganese: 0.23mg (11.34%), Vitamin B3: 1.91mg (9.54%), Iron: 1.52mg (8.46%), Vitamin E: 1.16mg (7.7%), Vitamin B6: 0.13mg (6.36%), Vitamin A: 295.47IU (5.91%), Vitamin B12: 0.35µg (5.89%), Vitamin C: 4.66mg (5.65%), Selenium: 3.48µg (4.97%), Potassium: 166.64mg (4.76%), Vitamin B5: 0.46mg (4.62%), Copper: 0.09mg (4.42%), Magnesium: 15.75mg (3.94%), Vitamin D: 0.39µg (2.6%), Zinc: 0.39mg (2.57%)