



Cherry-Berry Cobbler

READY IN



40 min.

SERVINGS



12

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 16.9 oz corn muffin mix wild quick
- ☐ 21 oz cherry pie filling canned
- ☐ 15 oz cherries dark sweet pitted drained canned
- ☐ 0.8 cup milk
- ☐ 1 tablespoon vegetable oil
- ☐ 2 eggs
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons sugar

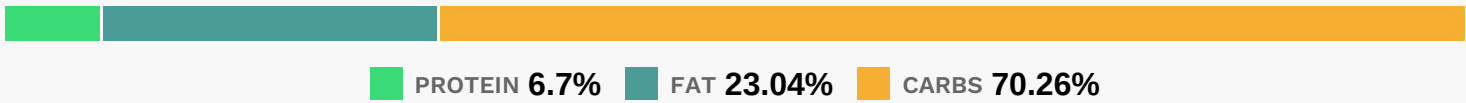
Equipment

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

Directions

- ☐ Heat oven to 375°F. In ungreased 13x9-inch (3-quart) glass baking dish, mix undrained blueberries (from muffin mix), pie filling and sweet cherries.
- ☐ In medium bowl, stir muffin mix, milk, oil, eggs and lemon peel until moistened. Drop batter by 12 large spoonfuls onto fruit; sprinkle with sugar.
- ☐ Bake 28 to 32 minutes or until top is golden brown and toothpick inserted in center of crust comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:2.75, Inflammation Score:-4, Nutrition Score:6.9934782878212%

Flavonoids

Cyanidin: 10.71mg, Cyanidin: 10.71mg, Cyanidin: 10.71mg, Cyanidin: 10.71mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 283.7kcal (14.19%), Fat: 7.3g (11.23%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 46.44g (16.89%), Sugar: 15.42g (17.13%), Cholesterol: 29.91mg (9.97%), Sodium: 351.36mg (15.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Phosphorus: 240.06mg (24.01%), Fiber: 3.65g (14.62%), Vitamin B1: 0.2mg (13.6%), Folate: 44µg (11%), Vitamin B2: 0.18mg (10.78%), Manganese: 0.17mg (8.41%), Iron: 1.38mg (7.64%), Vitamin B3: 1.48mg (7.4%), Selenium: 4.99µg (7.13%), Potassium: 209.18mg (5.98%), Calcium: 55.93mg (5.59%), Vitamin C: 4.52mg (5.48%), Vitamin B6: 0.11mg (5.44%), Copper: 0.1mg (5.03%), Magnesium: 19.69mg (4.92%), Vitamin A: 234.69IU (4.69%), Vitamin K: 4.89µg (4.66%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.43mg (2.9%), Vitamin D: 0.31µg (2.1%), Vitamin E: 0.27mg (1.78%)