



Cherry-Berry Cobbler

READY IN



40 min.

SERVINGS



12

CALORIES



201 kcal

DESSERT

Ingredients

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

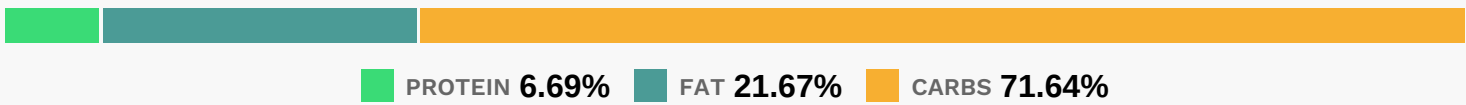
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:-3, Nutrition Score:4.9156521921572%

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: 200.76kcal (10.04%), Fat: 4.88g (7.51%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 33.94g (12.34%), Sugar: 11.38g (12.65%), Cholesterol: 29.51mg (9.84%), Sodium: 189.25mg (8.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Phosphorus: 143.03mg (14.3%), Fiber: 2.36g (9.46%), Vitamin B1: 0.12mg (7.95%), Vitamin B2: 0.13mg (7.61%), Folate: 25.55µg (6.39%), Selenium: 3.88µg (5.54%), Vitamin C: 4.5mg (5.46%), Potassium: 186.76mg (5.34%), Manganese: 0.11mg (5.28%), Iron: 0.88mg (4.89%), Calcium: 44.62mg (4.46%), Vitamin A: 211.87IU (4.24%), Copper: 0.08mg (4.19%), Vitamin B6: 0.08mg (4.17%), Vitamin B3: 0.82mg (4.09%), Magnesium: 14.93mg (3.73%), Vitamin K: 3.9µg (3.71%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.17µg (2.76%), Zinc: 0.32mg (2.15%), Vitamin D: 0.31µg (2.1%), Vitamin E: 0.23mg (1.56%)