

Cherry-Berry Cobbler

 Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 10 oz berries mixed frozen
- ☐ 12 oz grands flaky refrigerator biscuits refrigerated golden layers® canned
- ☐ 10 oz cherries sweet frozen pitted
- ☐ 2 tablespoons cornstarch
- ☐ 1 egg whites
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.8 cup sugar

- ☐ 2 tablespoons water
- ☐ 9 servings whipped cream

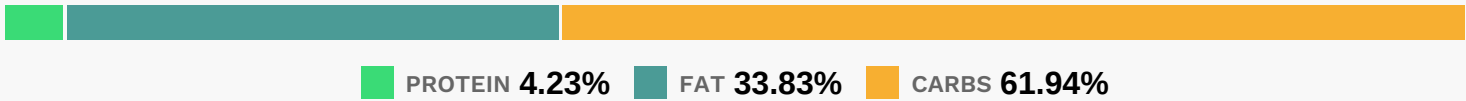
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 3-quart saucepan, mix cherries, mixed berries, 1/2 cup of the sugar, the cornstarch and water. Cook over medium-high heat, stirring frequently, until mixture boils and thickens.
- ☐ Pour into baking dish.
- ☐ In medium bowl, beat egg white with wire whisk until frothy. In another medium bowl, mix remaining 1/4 cup sugar and the cinnamon.
- ☐ Separate dough into 10 biscuits.
- ☐ Cut each into quarters. Dip dough pieces in egg white, then toss in sugar mixture to coat. Arrange on hot fruit mixture.
- ☐ Sprinkle almonds over top.
- ☐ Bake 25 to 30 minutes or until biscuits are deep golden brown and no longer doughy in center.
- ☐ Let stand 20 minutes before serving.
- ☐ Serve warm cobbler with whipped cream.

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:28.16, Inflammation Score:-3, Nutrition Score:6.0295652202938%

Flavonoids

Cyanidin: 10.95mg, Cyanidin: 10.95mg, Cyanidin: 10.95mg, Cyanidin: 10.95mg Petunidin: 5.72mg, Petunidin: 5.72mg, Petunidin: 5.72mg, Petunidin: 5.72mg Delphinidin: 6.8mg, Delphinidin: 6.8mg, Delphinidin: 6.8mg, Delphinidin: 6.8mg Malvidin: 15.64mg, Malvidin: 15.64mg, Malvidin: 15.64mg, Malvidin: 15.64mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 334.19kcal (16.71%), Fat: 12.84g (19.76%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 52.91g (17.64%), Net Carbohydrates: 50.33g (18.3%), Sugar: 32.12g (35.68%), Cholesterol: 4.56mg (1.52%), Sodium: 140.32mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Manganese: 0.37mg (18.41%), Vitamin E: 1.8mg (11.99%), Vitamin B2: 0.19mg (11.28%), Vitamin B1: 0.16mg (10.65%), Fiber: 2.57g (10.3%), Vitamin K: 10.24µg (9.75%), Folate: 35.55µg (8.89%), Iron: 1.45mg (8.06%), Vitamin B3: 1.56mg (7.79%), Phosphorus: 53.68mg (5.37%), Selenium: 3.39µg (4.85%), Copper: 0.1mg (4.75%), Magnesium: 18.61mg (4.65%), Potassium: 155.49mg (4.44%), Vitamin C: 3.01mg (3.65%), Vitamin B6: 0.07mg (3.38%), Calcium: 29.45mg (2.95%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.34mg (2.29%), Vitamin A: 109.59IU (2.19%)