



WHATSheATE



Cherry-Raspberry Chocolate Cobbler



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 tablespoons almonds sliced
- ☐ 0.5 cup chocolate chips
- ☐ 21 oz cherry pie filling canned
- ☐ 0.8 cup ice-cream chocolate shell
- ☐ 2 cups raspberries fresh
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

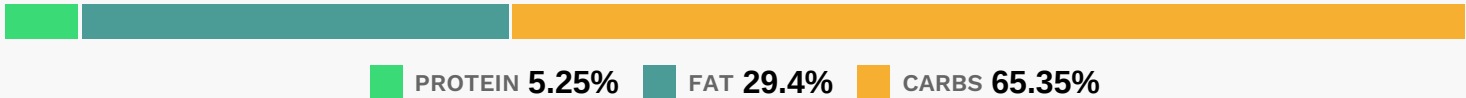
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 375F. In medium bowl, mix pie filling and extract; fold in raspberries.
- ☐ Spread in ungreased 8-inch square pan.
- ☐ Bake 15 minutes.
- ☐ Meanwhile, in medium microwavable bowl, microwave ice cream and chocolate chips on High about 1 minute 30 seconds, stirring every 30 seconds, until smooth.
- ☐ Add Bisquick mix; mix well.
- ☐ Let stand until fruit is done baking.
- ☐ Drop dough into 8 mounds (about 3 tablespoons each) on hot fruit.
- ☐ Sprinkle each mound with almonds.
- ☐ Bake 15 to 18 minutes longer or until chocolate topping is just set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:5.8004347876362%

Flavonoids

Cyanidin: 13.82mg, Cyanidin: 13.82mg, Cyanidin: 13.82mg, Cyanidin: 13.82mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg

0.04mg, Peonidin: 0.04mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg
Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3–gallate:
0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg,
Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 211.09kcal (10.55%), Fat: 7.01g (10.79%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 35.07g (11.69%),
Net Carbohydrates: 31.63g (11.5%), Sugar: 8.5g (9.44%), Cholesterol: 4.32mg (1.44%), Sodium: 35.2mg (1.53%),
Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 2.82g (5.64%), Manganese: 0.34mg (17.13%), Fiber: 3.44g
(13.77%), Vitamin C: 10.68mg (12.95%), Vitamin E: 1.43mg (9.56%), Copper: 0.16mg (8.13%), Magnesium: 29.6mg
(7.4%), Calcium: 73.38mg (7.34%), Potassium: 253.32mg (7.24%), Phosphorus: 65.33mg (6.53%), Vitamin B2:
0.11mg (6.49%), Zinc: 0.75mg (5%), Iron: 0.79mg (4.36%), Vitamin A: 215.1IU (4.3%), Folate: 15.27µg (3.82%), Vitamin
B6: 0.07mg (3.53%), Vitamin B1: 0.05mg (3.49%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.24µg (3.09%), Vitamin
B3: 0.57mg (2.83%), Selenium: 1.41µg (2.01%), Vitamin B12: 0.07µg (1.12%)