



Cinnamon-Peach Cobbler

READY IN



40 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 cup milk
- ☐ 49 oz peaches light drained sliced

- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vanilla
- ☐ 2 cups baking mix bisquick heart smart®

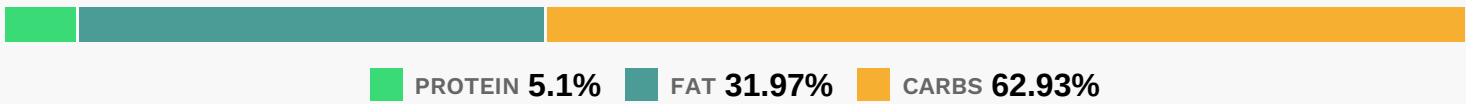
Equipment

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

Directions

- ☐ Heat oven to 400F. In 4-quart saucepan, heat 1/4 cup butter, 1/2 cup sugar and the cornstarch over medium heat 1 minute, stirring constantly, until butter is melted. Stir in 2 teaspoons cinnamon, the nutmeg, vanilla, lemon extract and peaches with reserved syrup.
- ☐ Heat to boiling; boil 1 minute, stirring occasionally.
- ☐ Pour into ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ In medium bowl, stir Bisquick mix, 2 tablespoons of the sugar, 1/4 teaspoon cinnamon, the milk and 1 tablespoon melted butter until soft dough forms. Drop dough by heaping tablespoonfuls over hot peach mixture.
- ☐ Sprinkle with remaining 1 tablespoon sugar.
- ☐ Bake 20 to 25 minutes or until peach mixture is bubbly around edges and topping is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.87, Glycemic Load:12.12, Inflammation Score:-5, Nutrition Score:6.3847826667454%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 234.71kcal (11.74%), Fat: 8.54g (13.13%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 35.43g (12.88%), Sugar: 23.96g (26.62%), Cholesterol: 1.62mg (0.54%), Sodium: 330.05mg (14.35%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 3.06g (6.13%), Phosphorus: 154.72mg (15.47%), Vitamin A: 606.73IU (12.13%), Manganese: 0.21mg (10.48%), Vitamin B1: 0.15mg (9.97%), Fiber: 2.38g (9.54%), Vitamin B3: 1.86mg (9.31%), Vitamin B2: 0.14mg (8.38%), Folate: 32.09µg (8.02%), Vitamin E: 1.07mg (7.12%), Copper: 0.13mg (6.26%), Selenium: 4.24µg (6.06%), Calcium: 58.83mg (5.88%), Vitamin C: 4.83mg (5.86%), Potassium: 194.72mg (5.56%), Iron: 0.99mg (5.52%), Vitamin K: 4.92µg (4.69%), Magnesium: 16.16mg (4.04%), Vitamin B5: 0.4mg (3.98%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.14µg (2.31%)