



Classic Bisquick™ Peach Cobbler

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



362 kcal

DESSERT

Ingredients

- 1 cup pancake mix
- 1 cup milk
- 0.5 teaspoon nutmeg
- 0.5 cup butter melted
- 0.8 cup sugar
- 29 ounces peaches drained sliced well canned

Equipment

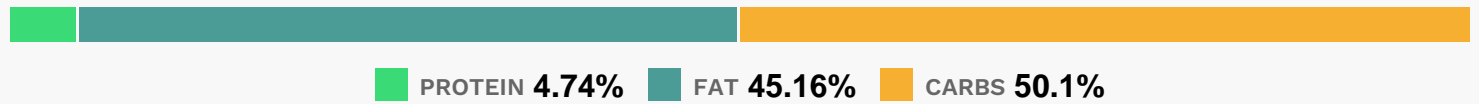
- bowl

- oven
- glass baking pan

Directions

- Heat oven to 375°F.
- Stir together Bisquick™ mix, milk and nutmeg in ungreased 8-inch square (2-quart) glass baking dish. Stir in butter until blended. In small bowl, stir together sugar and peaches; spoon over batter.
- Bake 45 to 50 minutes or until deep golden brown. Cool 30 minutes before serving. Cover and refrigerate any remaining cobbler.

Nutrition Facts



Properties

Glycemic Index:44.72, Glycemic Load:22.96, Inflammation Score:-6, Nutrition Score:7.2439130907473%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 361.94kcal (18.1%), Fat: 18.82g (28.96%), Saturated Fat: 10.99g (68.7%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 44.49g (16.18%), Sugar: 38.46g (42.73%), Cholesterol: 60.93mg (20.31%), Sodium: 264.59mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin A: 1039.64IU (20.79%), Phosphorus: 143.93mg (14.39%), Calcium: 107.18mg (10.72%), Vitamin B2: 0.18mg (10.43%), Fiber: 2.5g (10.01%), Vitamin E: 1.46mg (9.73%), Selenium: 6.12µg (8.74%), Potassium: 276.91mg (7.91%), Vitamin B3: 1.42mg (7.12%), Vitamin C: 5.75mg (6.97%), Vitamin B1: 0.1mg (6.72%), Manganese: 0.12mg (6.07%), Copper: 0.12mg (6.05%), Vitamin B12: 0.33µg (5.42%), Magnesium: 21.29mg (5.32%), Vitamin K: 5.56µg (5.29%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.67mg (4.45%), Iron: 0.77mg (4.27%), Folate: 16.72µg (4.18%), Vitamin B6: 0.08mg (4.13%), Vitamin D: 0.45µg (2.98%)