



Classic Bisquick™ Peach Cobbler

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 0.5 teaspoon nutmeg
- 1 cup milk
- 29 ounces peaches drained sliced canned
- 1 cup sugar
- 1 cup frangelico
- 1 cup frangelico

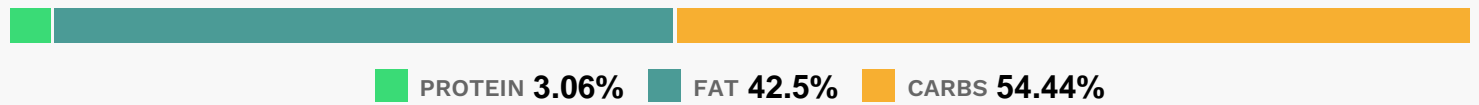
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Stir together Bisquick mix, milk and nutmeg in ungreased square baking dish, 8x8x2 inches. Stir in butter until blended. Stir together sugar and peaches; spoon over batter.
- Bake 50 to 60 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:28.77, Inflammation Score:-7, Nutrition Score:5.7495652903681%

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: 347.17kcal (17.36%), Fat: 17.07g (26.26%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 47.1g (17.13%), Sugar: 46.77g (51.96%), Cholesterol: 4.88mg (1.63%), Sodium: 212.01mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 1189.39IU (23.79%), Vitamin E: 1.61mg (10.71%), Fiber: 2.09g (8.36%), Phosphorus: 75.92mg (7.59%), Vitamin C: 5.66mg (6.86%), Potassium: 237.36mg (6.78%), Vitamin B2: 0.11mg (6.59%), Calcium: 61.82mg (6.18%), Vitamin B3: 1.15mg (5.77%), Copper: 0.11mg (5.57%), Selenium: 3.85µg (5.5%), Manganese: 0.09mg (4.57%), Magnesium: 16.71mg (4.18%), Vitamin K: 4.23µg (4.03%), Vitamin B12: 0.24µg (3.98%), Vitamin B1: 0.06mg (3.88%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.05%), Vitamin D: 0.45µg (2.98%), Iron: 0.49mg (2.71%), Folate: 8.54µg (2.13%)