



Classic Bisquick® Peach Cobbler

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



433 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 baking mix original bisquick®

Equipment

- oven

baking pan

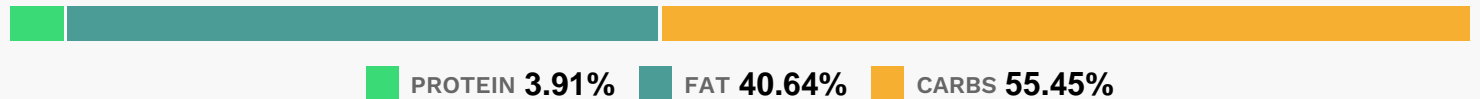
Directions

Heat oven to 375°F.

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:8.3160869764245%

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: 432.77kcal (21.64%), Fat: 20.15g (30.99%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 59.34g (21.58%), Sugar: 49.1g (54.55%), Cholesterol: 5.28mg (1.76%), Sodium: 467.21mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin A: 1190.19IU (23.8%), Phosphorus: 192.92mg (19.29%), Vitamin B2: 0.2mg (11.73%), Vitamin B1: 0.17mg (11.54%), Vitamin E: 1.63mg (10.89%), Vitamin B3: 2.06mg (10.31%), Fiber: 2.51g (10.04%), Calcium: 97.62mg (9.76%), Folate: 33.54µg (8.38%), Manganese: 0.16mg (7.97%), Potassium: 269.96mg (7.71%), Selenium: 5.35µg (7.65%), Copper: 0.14mg (7.11%), Vitamin C: 5.72mg (6.93%), Iron: 1.04mg (5.79%), Vitamin B5: 0.55mg (5.54%), Magnesium: 21.71mg (5.43%), Vitamin B12: 0.32µg (5.28%), Vitamin K: 5.53µg (5.27%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.08mg (3.81%), Vitamin D: 0.45µg (2.98%)