



## Dutch Oven Peach Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



322 kcal

DESSERT

### Ingredients

- 0.5 cup baking mix (recommended: Bisquick)
- 2.3 cups baking mix (recommended: Bisquick)
- 1 pint blueberries fresh
- 0.3 cup butter melted ()
- 0.3 cup cinnamon sugar with 2 teaspoons ground cinnamon; store in an empty spice shaker jar; shake well before each use)
- 32 ounce in fruit juice light sliced canned
- 10 servings ground cinnamon
- 0.5 cup milk

0.3 cup sugar

0.3 cup sugar

## Equipment

oven

ziploc bags

dutch oven

## Directions

Preheat oven to 350 degrees F.

Spray a Dutch oven with vegetable oil cooking spray

Drain 1 can of the peaches.

Combine both cans of peaches, including the juice from the undrained can, the blueberries, if using, the baking mix, sugar, and a sprinkling of cinnamon.

Place this mixture into the Dutch oven.

Combine the biscuit mix, sugar, butter, and milk in a resealable plastic bag. Drop bits of dough, using your fingers, on top of the peaches.

Sprinkle with cinnamon sugar.

Place the Dutch oven into the preheated oven and bake for 45 minutes, until the top is golden brown and crusty.

## Nutrition Facts



**PROTEIN 4.58%** **FAT 28.08%** **CARBS 67.34%**

## Properties

Glycemic Index:31.89, Glycemic Load:14.87, Inflammation Score:-4, Nutrition Score:12.02391311915%

## Flavonoids

Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg

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## **Nutrients (% of daily need)**

Calories: 322.42kcal (16.12%), Fat: 10.48g (16.13%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 56.57g (18.86%), Net Carbohydrates: 50.36g (18.31%), Sugar: 29.69g (32.99%), Cholesterol: 14.33mg (4.78%), Sodium: 467.22mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 1.72mg (86.08%), Fiber: 6.21g (24.85%), Phosphorus: 223.83mg (22.38%), Calcium: 164.96mg (16.5%), Vitamin B1: 0.24mg (15.68%), Vitamin K: 14.18µg (13.51%), Vitamin B2: 0.2mg (11.96%), Folate: 44.73µg (11.18%), Iron: 1.82mg (10.12%), Vitamin B3: 1.88mg (9.42%), Vitamin C: 5.81mg (7.04%), Potassium: 235.86mg (6.74%), Copper: 0.12mg (5.82%), Magnesium: 21.95mg (5.49%), Vitamin B5: 0.47mg (4.75%), Selenium: 3.22µg (4.6%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.64mg (4.29%), Vitamin A: 212.71IU (4.25%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.49mg (3.29%)