



Easy Fruit Cobbler with Cinnamon

READY IN



55 min.

SERVINGS



55

CALORIES



33 kcal

DESSERT

Ingredients

- 1.5 cups baking mix all-purpose
- 0.5 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk
- 16 oz peaches frozen sliced
- 1 cup raspberries frozen
- 0.3 cup sugar divided
- 0.3 cup water
- 1 cup cool whip whipped topping thawed

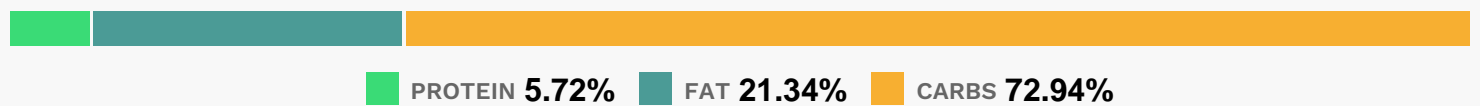
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Heat oven to 350F.
- Reserve 1 tsp. sugar.
- Mix remaining sugar with dry pudding mix.
- Combine fruit in large microwaveable bowl. Microwave on HIGH 1 min. Stir in pudding mixture and water.
- Spoon into 8-inch square baking dish sprayed with cooking spray.
- Mix baking mix and milk. Drop in mounds over fruit mixture.
- Mix reserved sugar and cinnamon; sprinkle over dough.
- Bake 35 to 40 min. or until fruit mixture is hot and bubbly and biscuits are lightly browned.
- Serve warm topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:0.89217390962269%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 33.19kcal (1.66%), Fat: 0.8g (1.23%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.9g (4.33%), Cholesterol: 0.36mg (0.12%), Sodium: 55.87mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Phosphorus: 24.89mg (2.49%), Manganese: 0.04mg (1.76%), Vitamin B1: 0.02mg (1.53%), Fiber: 0.36g (1.43%), Vitamin B2: 0.02mg (1.32%), Folate: 5.09µg (1.27%), Vitamin B3: 0.23mg (1.16%), Vitamin C: 0.92mg (1.12%), Calcium: 10.8mg (1.08%)