



Easy Tomato Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 lb cherry tomatoes
- ☐ 1 water with 1 tablespoon water beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic thinly sliced
- ☐ 1 teaspoon seasoning italian
- ☐ 0.3 cup milk
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon salt

- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

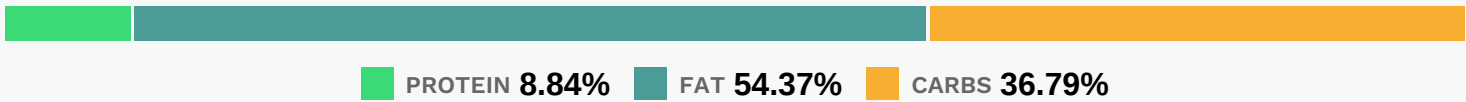
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F.
- ☐ Cut larger tomatoes in half or fourths so that all tomatoes are similar in size. In large bowl, toss tomatoes, melted butter, onion, garlic, flour, Italian seasoning and salt.
- ☐ Pour into ungreased 2-quart baking dish.
- ☐ Bake about 30 minutes or until tomatoes soften and begin to split.
- ☐ In small bowl, stir Bisquick mix and milk. Drop by spoonfuls on top of tomatoes. Lightly brush with egg mixture.
- ☐ Bake 15 to 20 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:10.478260734807%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 8.4g (12.93%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 10.71g (3.89%), Sugar: 7.1g (7.89%), Cholesterol: 21.96mg (7.32%), Sodium: 285.8mg (12.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 53.23mg (64.52%), Vitamin A: 1373.44IU (27.47%), Potassium: 551.37mg (15.75%), Manganese: 0.3mg (14.82%), Vitamin B6: 0.22mg (11%), Vitamin E: 1.56mg (10.41%), Iron: 1.77mg (9.85%), Copper: 0.18mg (9.17%), Folate: 36.34µg (9.09%), Vitamin K: 9.21µg (8.77%), Phosphorus: 87.39mg (8.74%), Fiber: 2.09g (8.34%), Vitamin B1: 0.11mg (7.3%), Vitamin B3: 1.34mg (6.69%), Magnesium: 25.4mg (6.35%), Calcium: 54.74mg (5.47%), Vitamin B2: 0.09mg (5.01%), Vitamin B5: 0.39mg (3.88%), Selenium: 2.09µg (2.98%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.09µg (1.49%)