



Fresh Berry Cobbler

READY IN



30 min.

SERVINGS



6

CALORIES



178 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 1 teaspoon juice of lemon
- 1 tablespoon butter melted
- 0.3 cup milk
- 4 cups blueberries
- 1 tablespoon sugar
- 2 tablespoons water
- 1 cup baking mix original bisquick®

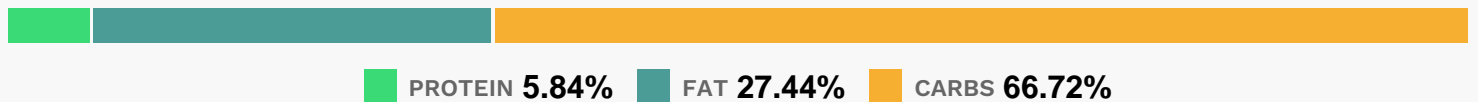
Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- glass baking pan

Directions

- Heat the oven to 425° F.
- In 2-quart saucepan, mix 1/2 cup sugar and cornstarch. Stir in raspberries, water and lemon juice.
- Heat to boiling over medium heat, stirring constantly. Continue boiling 1 minute, stirring constantly.
- Pour berry mixture into 8- or 9-inch (2 quart) glass baking dish.
- In medium bowl, stir Bisquick mix, milk, 1 tablespoon sugar and melted margarine just until blended and a dough forms. Drop dough by 6 spoonfuls onto hot berry mixture.
- Bake about 15 minutes or until berry mixture is bubbly and topping is light brown.
- Place baking dish on a wire cooling rack. Cool slightly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:6.35, Inflammation Score:-5, Nutrition Score:6.6852174116218%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg,

Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 177.68kcal (8.88%), Fat: 5.62g (8.64%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.93g (10.16%), Sugar: 14.66g (16.29%), Cholesterol: 1.62mg (0.54%), Sodium: 282.45mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.4mg (20.04%), Vitamin K: 20.37µg (19.4%), Phosphorus: 139.88mg (13.99%), Vitamin C: 9.96mg (12.07%), Fiber: 2.8g (11.21%), Vitamin B1: 0.16mg (10.51%), Vitamin B2: 0.14mg (8.43%), Folate: 31.11µg (7.78%), Vitamin B3: 1.33mg (6.66%), Calcium: 55.17mg (5.52%), Iron: 0.84mg (4.66%), Vitamin E: 0.67mg (4.45%), Copper: 0.09mg (4.44%), Vitamin B6: 0.07mg (3.67%), Potassium: 125.74mg (3.59%), Vitamin B5: 0.34mg (3.4%), Magnesium: 12.35mg (3.09%), Vitamin A: 154.06IU (3.08%), Selenium: 1.84µg (2.63%), Vitamin B12: 0.14µg (2.25%), Zinc: 0.32mg (2.14%)