



Grands!® Fruit Cobbler

 Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



303 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 16.3 oz biscuits refrigerated canned (8 biscuits)
- 0.3 cup cornstarch
- 0.5 teaspoon ground cinnamon
- 2 teaspoons juice of lemon
- 3 cups peaches drained sliced (from two 24.5-oz jars)
- 3 cups pears fresh peeled sliced (3 to 4 medium)
- 1 cup strawberries fresh sliced

- 0.5 cup sugar
- 0.7 cup sugar
- 0.3 cup water

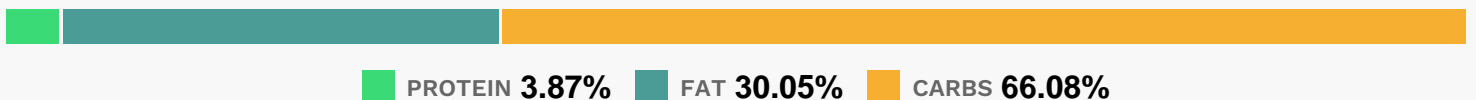
Equipment

- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 350F. In medium bowl, toss peaches and pears with lemon juice.
- In 4-quart nonstick saucepan, heat 1/2 cup sugar, the water, cornstarch and 1/4 teaspoon of the cinnamon to boiling over medium heat. Stir in peaches and pears. Cook until hot and bubbly, stirring frequently.
- Add strawberries; cook and stir 1 minute.
- Pour into ungreased 13x9-inch (3-quart) glass baking dish. Cover to keep hot.
- In small bowl, place melted butter. In another small bowl, mix 2/3 cup sugar and remaining 1/4 teaspoon cinnamon.
- Separate dough into 8 biscuits.
- Cut each biscuit into quarters. Lightly roll each biscuit piece in melted butter, then in sugar mixture to coat. Arrange biscuit pieces point sides down on hot fruit mixture.
- Bake 35 to 45 minutes or until biscuit pieces are deep golden brown and bottoms are no longer doughy. Cool at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:28.78, Inflammation Score:-4, Nutrition Score:6.7760869938394%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg 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: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 302.92kcal (15.15%), Fat: 10.42g (16.04%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 48.94g (17.79%), Sugar: 28.51g (31.68%), Cholesterol: 0.39mg (0.13%), Sodium: 413.65mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Phosphorus: 183.32mg (18.33%), Vitamin C: 10.7mg (12.97%), Manganese: 0.26mg (12.85%), Vitamin B1: 0.18mg (12.14%), Selenium: 8.33µg (11.9%), Fiber: 2.64g (10.55%), Folate: 35.18µg (8.8%), Iron: 1.55mg (8.63%), Vitamin B3: 1.72mg (8.58%), Vitamin B2: 0.14mg (8.42%), Vitamin E: 1.02mg (6.81%), Vitamin A: 307.24IU (6.14%), Potassium: 201.95mg (5.77%), Copper: 0.1mg (5.25%), Vitamin K: 4.79µg (4.57%), Magnesium: 14.39mg (3.6%), Calcium: 28.7mg (2.87%), Vitamin B6: 0.05mg (2.3%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.21mg (2.15%)