



Grilled Summer Cobbler

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.8 cup sugar
- ☐ 0.5 cup milk
- ☐ 1 cup nectarines sliced
- ☐ 1 cup blueberries fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.3 cups frangelico

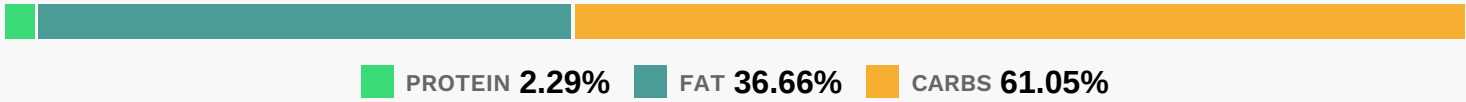
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks
- ☐ cake form
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Meanwhile, in medium bowl, mix Bisquick mix, 1/2 cup of the sugar and the milk; beat 30 seconds.
- ☐ In 9-inch round foil cake pan, melt butter on grill over medium heat.
- ☐ Pour batter over butter in pan. Top with nectarine and blueberries.
- ☐ Sprinkle with remaining 1/4 cup sugar and the cinnamon.
- ☐ Cover grill; cook about 30 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:14.85, Inflammation Score:-3, Nutrition Score:2.0300000076709%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 150.17kcal (7.51%), Fat: 6.37g (9.8%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 23.1g (8.4%), Sugar: 22.7g (25.22%), Cholesterol: 1.83mg (0.61%), Sodium: 75.4mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin A: 348.15IU (6.96%), Manganese: 0.09mg (4.75%), Vitamin K: 4.01µg (3.82%), Fiber: 0.78g (3.11%), Vitamin E: 0.44mg (2.97%), Vitamin C: 2.33mg (2.83%), Phosphorus: 23.98mg (2.4%), Calcium: 23.79mg (2.38%), Vitamin B2: 0.04mg (2.33%), Potassium: 64.43mg (1.84%), Vitamin B12: 0.09µg (1.49%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.48%), Copper: 0.03mg (1.35%), Magnesium: 4.84mg (1.21%), Vitamin B6: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.19%), Vitamin D: 0.17µg (1.12%)