



Healthified Peach Cobbler

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 29 oz peaches light drained canned
- ☐ 0.8 cup sugar
- ☐ 1 cup baking mix bisquick heart smart®

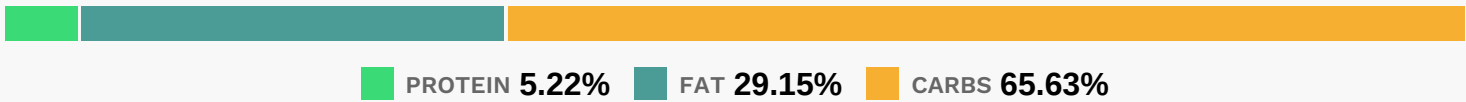
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In ungreased 8-inch square (2-quart) glass baking dish, stir Bisquick mix and cinnamon. Stir in milk and oil with wire whisk or fork until blended.
- ☐ In medium bowl, mix sugar, peaches and lemon juice. Spoon over batter in baking dish.
- ☐ Bake 50 to 55 minutes or until golden brown.
- ☐ Let stand about 20 minutes before serving.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:22.86, Inflammation Score:-5, Nutrition Score:8.0982609209807%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg 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 Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 315.55kcal (15.78%), Fat: 10.57g (16.25%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 51g (18.54%), Sugar: 40.86g (45.4%), Cholesterol: 1.63mg (0.54%), Sodium: 290.02mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Phosphorus: 190.96mg (19.1%), Vitamin E: 2.25mg

(15.03%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.19mg (11.08%), Vitamin A: 531.09IU (10.62%), Vitamin B3: 2.06mg (10.31%), Fiber: 2.52g (10.09%), Vitamin K: 10.43µg (9.93%), Calcium: 96.32mg (9.63%), Folate: 34.21µg (8.55%), Manganese: 0.17mg (8.42%), Potassium: 269.68mg (7.71%), Selenium: 5.35µg (7.64%), Vitamin C: 6mg (7.28%), Copper: 0.14mg (7.03%), Iron: 1.04mg (5.78%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.31µg (5.25%), Magnesium: 20.96mg (5.24%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.07mg (3.68%), Vitamin D: 0.45µg (2.99%)