



Mango-Raspberry Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 16 oz textured vegetable protein frozen thawed drained
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup skim milk fat-free (skim)

☐ 0.5 cup raspberries frozen thawed drained

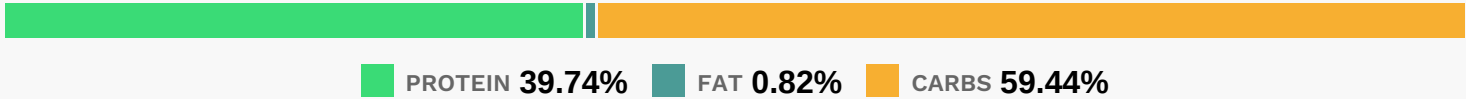
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix mangoes, nutmeg and lime juice; set aside.
- ☐ In another medium bowl, stir together flour, brown sugar, baking powder, salt and milk until blended.
- ☐ Pour batter into baking dish. Spoon mangoes and raspberries over batter.
- ☐ Bake 40 to 50 minutes or until top is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:8.3, Inflammation Score:-2, Nutrition Score:6.8391303588515%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg

0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 264.85kcal (13.24%), Fat: 0.24g (0.36%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 29.76g (10.82%), Sugar: 19.05g (21.16%), Cholesterol: 0.54mg (0.18%), Sodium: 174.11mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.39%), Fiber: 8.68g (34.73%), Iron: 6.14mg (34.12%), Calcium: 246.8mg (24.68%), Vitamin B1: 0.12mg (8.14%), Manganese: 0.15mg (7.58%), Selenium: 5.24µg (7.48%), Folate: 27.55µg (6.89%), Phosphorus: 56.79mg (5.68%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.9mg (4.49%), Vitamin C: 2.25mg (2.73%), Potassium: 74.02mg (2.11%), Magnesium: 8.38mg (2.09%), Vitamin B12: 0.11µg (1.75%), Copper: 0.03mg (1.69%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.21mg (1.43%), Vitamin D: 0.2µg (1.33%), Vitamin B6: 0.03mg (1.31%)