



Mixed Berry Cobbler

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 24 oz poached berries mixed frozen
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 teaspoons cornstarch
- ☐ 6 servings yogurt plain fat-free
- ☐ 2 cups cereal
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup milk 1% low-fat

☐ 0.5 teaspoon orange zest

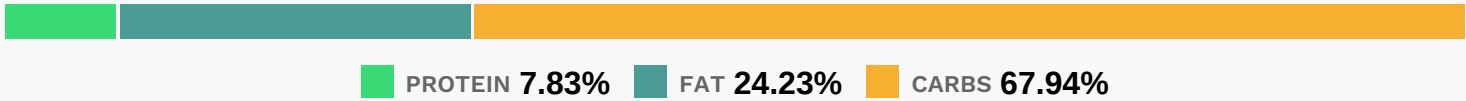
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together granola and milk in a small bowl.
- ☐ Let stand 5 minutes.
- ☐ Toss together berries and next 5 ingredients in a large bowl. Spoon berry mixture into a 8-inch square baking dish.
- ☐ Stir granola mixture, and spoon over berry mixture. Lightly coat with cooking spray.
- ☐ Bake at 350 for 1 hour or until bubbly.
- ☐ Serve with yogurt.
- ☐ Note: For testing purposes only, we used Quaker 100% Natural Granola, Oats & Honey at one tasting and Heartland Original Granola Cereal at another.
- ☐ Anytime Peach Cobbler: Substitute 1 (20-oz.) package frozen sliced peaches for frozen mixed berries. Proceed with recipe as directed. Per serving: Calories 296; Fat 6g (sat 2g, mono 1g, poly 0g); Protein 1mg; Carb 49g; Fiber 6g; Chol 1mg; Iron 4mg; Sodium 132mg; Calc 93mg

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:11.026956480482%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg Pelargonidin:

0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 295.56kcal (14.78%), Fat: 8.28g (12.73%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 46.82g (17.02%), Sugar: 27.86g (30.96%), Cholesterol: 1mg (0.33%), Sodium: 25.67mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Manganese: 1.32mg (66.2%), Fiber: 5.39g (21.58%), Vitamin K: 20.51µg (19.54%), Phosphorus: 154.74mg (15.47%), Vitamin E: 2.12mg (14.15%), Vitamin B1: 0.17mg (11.64%), Magnesium: 46.46mg (11.62%), Iron: 2.07mg (11.52%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.15mg (8.55%), Calcium: 82.2mg (8.22%), Copper: 0.16mg (8.12%), Potassium: 267.13mg (7.63%), Zinc: 1mg (6.66%), Vitamin B6: 0.13mg (6.64%), Folate: 22.5µg (5.63%), Vitamin B3: 1.02mg (5.08%), Vitamin B5: 0.47mg (4.65%), Vitamin C: 3.13mg (3.79%), Vitamin B12: 0.15µg (2.58%), Vitamin A: 92.55IU (1.85%), Vitamin D: 0.22µg (1.44%)