



## Peach-and-Blueberry Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

DESSERT

### Ingredients

- 1 cup baking mix reduced-fat
- 2 cups blueberries frozen
- 0.3 cup firmly brown sugar packed
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter chilled cut into small pieces reduced-calorie
- 0.5 cup regular oats
- 4 cups peaches frozen sliced

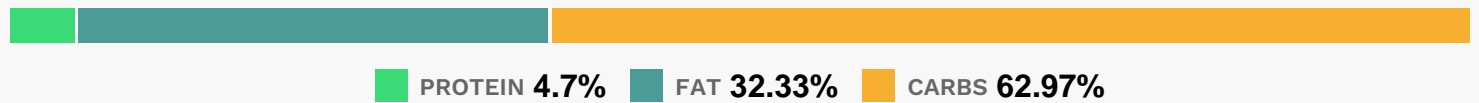
## Equipment

- bowl
- oven
- blender

## Directions

- Preheat oven to 35
- Combine first 4 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.
- Combine peaches and blueberries in a 2-quart casserole, and sprinkle 1/4 cup sugar evenly over fruit. Crumble oat mixture evenly over fruit.
- Bake at 350 for 45 minutes or until cobbler is bubbly. Top cobbler with frozen yogurt, if desired.

## Nutrition Facts



## Properties

Glycemic Index:32.56, Glycemic Load:13.32, Inflammation Score:-7, Nutrition Score:9.1360869925955%

## Flavonoids

Cyanidin: 6.14mg, Cyanidin: 6.14mg, Cyanidin: 6.14mg, Cyanidin: 6.14mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 7.66mg, Catechin: 7.66mg, Catechin: 7.66mg, Catechin: 7.66mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg Galocatechin: 0.06mg, Galocatechin: 0.06mg, Galocatechin: 0.06mg, Galocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 320.65kcal (16.03%), Fat: 11.92g (18.35%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 48.36g (17.58%), Sugar: 33.14g (36.82%), Cholesterol: 0.4mg (0.13%), Sodium: 365.07mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Manganese: 0.58mg (28.85%), Phosphorus: 175.95mg (17.6%), Fiber: 3.91g (15.66%), Vitamin A: 715.24IU (14.3%), Vitamin K: 14.09µg (13.42%), Vitamin B1: 0.19mg (12.67%), Vitamin C: 9.08mg (11.01%), Vitamin B3: 2.03mg (10.16%), Vitamin E: 1.39mg (9.3%), Vitamin B2: 0.16mg (9.13%), Folate: 36.48µg (9.12%), Copper: 0.17mg (8.54%), Selenium: 5.82µg (8.32%), Iron: 1.41mg (7.84%), Potassium: 237.52mg (6.79%), Magnesium: 26.72mg (6.68%), Calcium: 58.7mg (5.87%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.69mg (4.58%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.09µg (1.46%)