



Peach-Blueberry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 2 cups blueberries
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 6 tablespoons buttermilk low-fat

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 3 cups peaches peeled coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

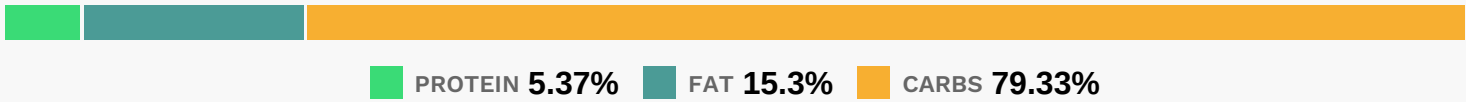
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add peaches, blueberries, lemon juice, and vanilla, and toss gently. Spoon mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake mixture at 400 for 15 minutes.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a medium bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until flour mixture is moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 3 times.
- ☐ Roll dough to about a 1/4-inch thickness; cut into 16 biscuits using a 2-inch biscuit cutter.
- ☐ Remove dish from oven; arrange biscuits on top of hot fruit mixture.
- ☐ Bake an additional 20 minutes or until biscuits are golden.

☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:49.05, Glycemic Load:24.38, Inflammation Score:-5, Nutrition Score:5.7139130351336%

Flavonoids

Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 204.1kcal (10.21%), Fat: 3.59g (5.52%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 39.64g (14.41%), Sugar: 26.16g (29.07%), Cholesterol: 0.45mg (0.15%), Sodium: 189.54mg (8.24%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 2.83g (5.67%), Manganese: 0.28mg (13.97%), Vitamin B1: 0.16mg (10.33%), Selenium: 6.91µg (9.87%), Fiber: 2.24g (8.95%), Folate: 35.27µg (8.82%), Vitamin K: 8.95µg (8.52%), Vitamin C: 6.97mg (8.44%), Vitamin B2: 0.13mg (7.81%), Vitamin B3: 1.55mg (7.77%), Vitamin A: 346.12IU (6.92%), Iron: 1.09mg (6.08%), Phosphorus: 53.45mg (5.34%), Vitamin E: 0.77mg (5.11%), Copper: 0.09mg (4.62%), Calcium: 44.24mg (4.42%), Potassium: 137.43mg (3.93%), Magnesium: 11.96mg (2.99%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.35mg (2.36%), Vitamin B6: 0.05mg (2.3%)