



## Peach Raspberry Cobbler

READY IN



55 min.

SERVINGS



55

CALORIES



37 kcal

DESSERT

### Ingredients

- 5 Tbsp butter cold divided
- 1 tsp calumet baking powder
- 0.8 cup flour
- 0.3 cup milk
- 3 Tbsp minute tapioca
- 4 cups peaches peeled sliced
- 2 cups raspberries
- 0.1 tsp salt
- 0.8 cup sugar

- 2 Tbsp sugar
- 0.8 cup water

## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Combine peaches, 3/4 cup sugar and tapioca in large saucepan. Stir in water. Bring to boil on medium heat, stirring occasionally. Stir in raspberries.
- Pour into 9-inch square baking dish; dot with 1 Tbsp. butter.
- Mix flour, 2 Tbsp. sugar, baking powder and salt in medium bowl.
- Cut in remaining butter until mixture resembles coarse crumbs. Stir in milk until mixture forms soft dough. Drop by heaping tablespoonfuls onto hot fruit mixture.
- Bake 30 min. or until biscuit topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:7.48, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:0.93869566172361%

## Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.42mg,

Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg,  
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg  
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.12mg,  
Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 37.4kcal (1.87%), Fat: 1.15g (1.76%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 6.74g (2.25%), Net  
Carbohydrates: 6.24g (2.27%), Sugar: 4.35g (4.83%), Cholesterol: 0.13mg (0.04%), Sodium: 29.07mg (1.26%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Manganese: 0.05mg (2.39%), Fiber: 0.5g (1.99%),  
Vitamin C: 1.61mg (1.95%), Vitamin A: 85.27IU (1.71%), Selenium: 0.86µg (1.23%), Vitamin B1: 0.02mg (1.21%), Folate:  
4.72µg (1.18%), Vitamin B3: 0.22mg (1.09%), Vitamin E: 0.16mg (1.07%)