



## Plum Cobbler with Cinnamon Biscuits

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



31 kcal

DESSERT

### Ingredients

- 1 cup baking mix all-purpose
- 0.5 tsp ground cinnamon
- 0.3 cup milk
- 3 Tbsp minute tapioca
- 4 cups plums fresh sliced
- 0.8 cup sugar divided
- 0.8 cup water

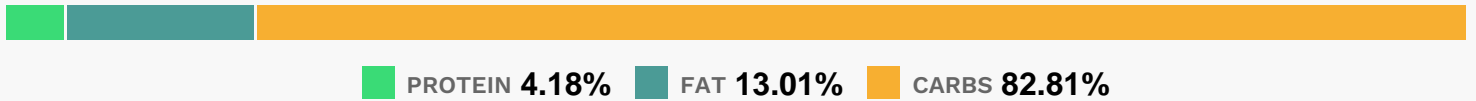
### Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375F.
- Remove 2 Tbsp. of the sugar; set aside for later use.
- Mix the remaining sugar and the tapioca in large saucepan; stir in water. Bring to boil on medium-high heat.
- Add plums; stir gently. Cook 2 min., stirring frequently. Spoon into lightly greased 8-inch square baking dish.
- Combine baking mix, reserved 2 Tbsp. sugar and the cinnamon in medium bowl; stir in milk just until mixture forms soft dough. Drop by heaping tablespoonfuls onto hot fruit mixture.
- Bake 28 to 30 min. or until biscuit topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:3.04, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:0.71000000089407%

## Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 31.33kcal (1.57%), Fat: 0.47g (0.72%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.46g (2.35%), Sugar: 4.66g (5.18%), Cholesterol: 0.24mg (0.08%), Sodium: 31.45mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Phosphorus: 17.81mg (1.78%), Vitamin C: 1.26mg (1.53%), Vitamin B1: 0.02mg (1.23%)