

Quick Fruit Cobbler

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 21 ounces cherries canned
- ☐ 0.3 cup milk
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter softened
- ☐ 1 cup frangelico

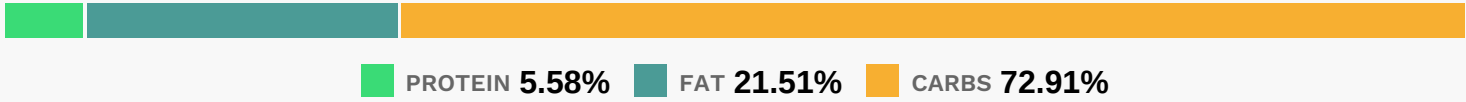
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Spread pie filling in ungreased 1 1/2-quart casserole.
- ☐ Place in cold oven.
- ☐ Heat oven to 400°F; let heat 10 minutes.
- ☐ Remove pan from oven.
- ☐ While pie filling is heating, stir remaining ingredients until soft dough forms. Drop by 6 spoonfuls onto warm pie filling.
- ☐ Sprinkle with additional sugar if desired.
- ☐ Bake 18 to 20 minutes or until topping is light brown.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:2.6843478277974%

Flavonoids

Cyanidin: 29.98mg, Cyanidin: 29.98mg, Cyanidin: 29.98mg, Cyanidin: 29.98mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 93.09kcal (4.65%), Fat: 2.41g (3.71%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16.28g (5.92%), Sugar: 15.19g (16.87%), Cholesterol: 1.22mg (0.41%), Sodium: 25.89mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 6.95mg (8.42%), Fiber: 2.08g (8.33%), Potassium: 236.55mg (6.76%), Manganese: 0.07mg (3.5%), Vitamin A: 163.44IU (3.27%), Phosphorus: 31.64mg (3.16%), Magnesium: 12.2mg (3.05%), Copper: 0.06mg (2.99%), Vitamin B2: 0.05mg (2.82%), Vitamin B6: 0.05mg (2.75%), Calcium: 26.12mg (2.61%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.03mg (2.18%), Vitamin K: 2.11µg

(2.01%), Iron: 0.36mg (1.99%)