



Quick Peach Cobbler

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 21 oz peach pie filling canned
- ☐ 2 cups peaches frozen thawed sliced
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup milk
- ☐ 1 tablespoon butter softened
- ☐ 1 serving p of sugar
- ☐ 1 serving nutmeg
- ☐ 1 cup frangelico

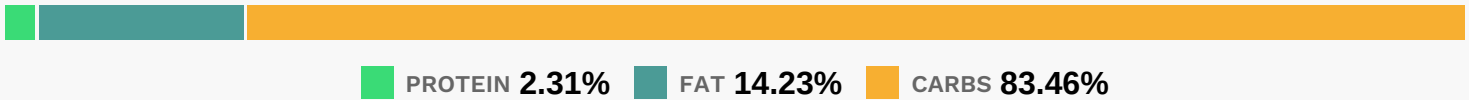
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In ungreased 8-inch square pan, spread pie filling and sliced peaches; place in cold oven.
- ☐ Heat oven to 400°F; let pie filling and peaches heat 10 minutes.
- ☐ Meanwhile, in small bowl, mix Bisquick mix, 1 tablespoon sugar, the milk and butter with fork until soft dough forms.
- ☐ Remove pan from oven. Drop dough by 6 spoonfuls onto warm peach mixture.
- ☐ Sprinkle with additional sugar and nutmeg.
- ☐ Bake 18 to 20 minutes or until topping is light brown.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:3.42, Inflammation Score:-3, Nutrition Score:2.6508695560953%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 153.11kcal (7.66%), Fat: 2.57g (3.95%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 32.07g (11.66%), Sugar: 20.58g (22.87%), Cholesterol: 1.22mg (0.41%), Sodium: 79.25mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Fiber: 1.83g (7.33%), Vitamin A: 291.43IU (5.83%), Copper: 0.1mg (4.91%), Vitamin C: 3.81mg (4.61%), Potassium: 124.71mg (3.56%), Manganese: 0.07mg (3.41%),

Vitamin E: 0.49mg (3.28%), Phosphorus: 29.75mg (2.98%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.49%),
Vitamin B3: 0.46mg (2.32%), Selenium: 1.59µg (2.27%), Vitamin B1: 0.03mg (2.09%), Magnesium: 7.99mg (2%),
Calcium: 19.86mg (1.99%), Vitamin K: 2.07µg (1.97%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.16mg (1.6%), Zinc:
0.21mg (1.38%)