



Rhubarb Cobbler

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1 lb rhubarb fresh chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons vanilla
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup milk
- ☐ 1 serving whipped cream
- ☐ 1 cup frangelico

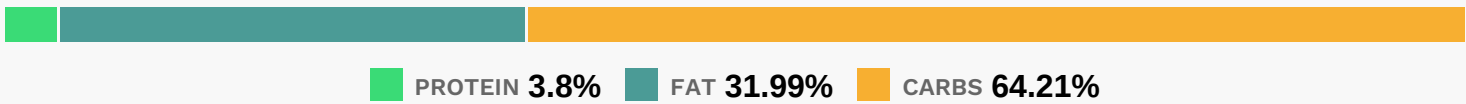
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease 8-inch square (2-quart) glass baking dish with butter or cooking spray.
- ☐ In large bowl, mix rhubarb, brown sugar, vanilla and lemon juice.
- ☐ Pour mixture into baking dish.
- ☐ In small bowl, stir together Bisquick mix, butter and milk with fork just until combined. Using hands, break dough into small pieces and sprinkle evenly over rhubarb mixture.
- ☐ Bake 40 to 45 minutes or until topping is golden brown and fruit is bubbly.
- ☐ To serve, scoop warm cobbler into bowls; top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:1.49, Inflammation Score:-2, Nutrition Score:3.2047826025797%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 113.92kcal (5.7%), Fat: 4.11g (6.32%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.46g (6.35%), Sugar: 16.22g (18.02%), Cholesterol: 12.07mg (4.02%), Sodium: 38.22mg (1.66%),

Alcohol: 0.34g (100%), Alcohol %: 0.48% (100%), Protein: 1.1g (2.2%), Vitamin K: 16.91µg (16.1%), Calcium: 81.1mg (8.11%), Manganese: 0.12mg (6.16%), Potassium: 212.4mg (6.07%), Vitamin C: 4.83mg (5.85%), Fiber: 1.08g (4.32%), Vitamin A: 192.42IU (3.85%), Vitamin B2: 0.05mg (2.92%), Magnesium: 10.34mg (2.58%), Phosphorus: 25.8mg (2.58%), Vitamin E: 0.26mg (1.76%), Selenium: 1.12µg (1.6%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.43%), Vitamin B12: 0.08µg (1.32%), Vitamin B1: 0.02mg (1.3%), Iron: 0.23mg (1.29%), Folate: 4.75µg (1.19%), Copper: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.05%), Zinc: 0.15mg (1.02%)