



Sandy's Cherry Cobbler



Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.5 cups baking mix recommended: Bisquick
- ☐ 1 stick butter
- ☐ 1 cup cherries frozen thawed recommended: Dole
- ☐ 21 ounces cherry pie filling canned recommended: Comstock Morefruit
- ☐ 0.8 cup evaporated milk recommended: Carnation
- ☐ 0.8 cup sugar

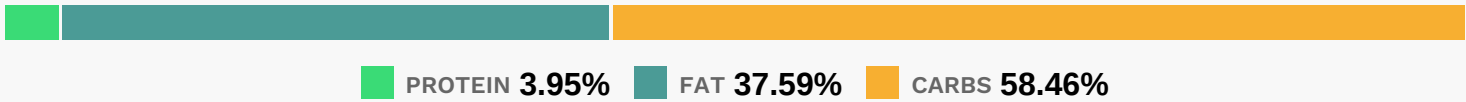
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Heat a 10-inch cast iron skillet over medium heat and preheat the oven to 350 degrees F.
- ☐ In a large bowl, combine baking mix, sugar, evaporated milk, and almond extract.
- ☐ Whisk until smooth. Set aside.
- ☐ Add the butter to the skillet and melt. Stir in the pie filling and thawed cherries.
- ☐ Pour batter over top.
- ☐ Bake until golden and toothpick inserted into batter comes out clean, about 35 to 40 minutes
- ☐ Remove from oven and let cool 1 hour before serving.
- ☐ Serve warm with whipped topping or a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:13.62, Inflammation Score:-4, Nutrition Score:6.1121739369372%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 399.55kcal (19.98%), Fat: 16.85g (25.93%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 57.68g (20.97%), Sugar: 25.99g (28.87%), Cholesterol: 37.67mg (12.56%), Sodium: 416.59mg (18.11%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.99g (7.97%), Phosphorus: 197.79mg (19.78%), Vitamin B2: 0.2mg (11.73%), Calcium: 116mg (11.6%), Vitamin A: 573.94IU (11.48%), Vitamin B1: 0.16mg (10.97%), Folate: 34.11µg (8.53%), Potassium: 229.2mg (6.55%), Vitamin B3: 1.21mg (6.03%), Manganese: 0.11mg (5.71%), Copper: 0.11mg (5.5%), Vitamin C: 4.4mg (5.34%), Fiber: 1.28g (5.13%), Iron: 0.92mg (5.12%), Magnesium: 18.74mg (4.69%), Vitamin B5: 0.45mg (4.47%), Selenium: 2.78µg (3.97%), Vitamin B6: 0.07mg (3.27%), Vitamin K: 2.96µg (2.81%), Vitamin E: 0.41mg (2.71%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.15µg (2.49%)