



Santa Fe Peach and Mango Cobbler

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



192 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 package corn cake mix sweet
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1 large jalapeno diced seeded
- 16 ounce mango chunks frozen thawed
- 16 ounce peaches frozen thawed
- 0.3 cup sugar

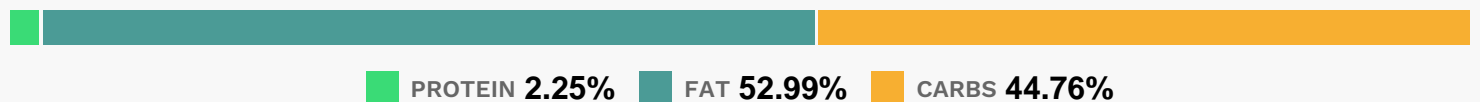
Equipment

- bowl
- frying pan
- oven
- ramekin
- grill

Directions

- In a bowl, combine fruit, jalapeno, sugar, cornstarch, and cinnamon. Stir to coat and let set for 1 hour.
- Set up grill for direct cooking over medium heat. In a bowl, blend together 1/4 cup of butter and sweet corn cake mix with a fork until crumbly. Set aside.
- Place remaining 1/4 cup butter in a 10-inch cast iron skillet (or other oven-proof skillet) and set on hot grill. When butter has melted, add fruit mixture. Stir to combine.
- Sprinkle the corn cake mixture to cover the fruit. Cover grill and cook 20 minutes or until mixture is bubbling and caramelized around the edges of the pan.
- Remove from grill and let cool.
- Serve warm with a scoop of ice cream or a dollop of whipped topping.
- INDOOR: Prepare fruit mixture as directed. Preheat oven to 350 degrees F. Lightly spray 4 ramekins with cooking spray; set aside. Prepare corn topping mixture as directed. Spoon fruit mixture into prepared ramekins and sprinkle with corn topping mixture.
- Bake for 45 minutes or until mixture is bubbling.
- Serve as directed.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:10.3, Inflammation Score:-7, Nutrition Score:5.5604347884655%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 192.48kcal (9.62%), Fat: 11.91g (18.32%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 20.67g (7.52%), Sugar: 18.85g (20.95%), Cholesterol: 30.5mg (10.17%), Sodium: 99.48mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 25.06mg (30.37%), Vitamin A: 1172.8IU (23.46%), Vitamin E: 1.32mg (8.81%), Fiber: 1.96g (7.84%), Folate: 28.72µg (7.18%), Manganese: 0.12mg (5.86%), Copper: 0.11mg (5.52%), Vitamin K: 5.48µg (5.22%), Potassium: 173.71mg (4.96%), Vitamin B6: 0.09mg (4.5%), Vitamin B3: 0.87mg (4.35%), Magnesium: 10.99mg (2.75%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.78µg (2.54%), Phosphorus: 24.79mg (2.48%), Vitamin B5: 0.22mg (2.21%), Vitamin B1: 0.03mg (2.07%), Iron: 0.32mg (1.8%), Calcium: 14.73mg (1.47%), Zinc: 0.2mg (1.36%)