



Simple and Sweetie Blueberry Cobbler

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- 21 ounce lucky leaf® premium blueberry pie filling canned
- 6 tablespoons butter
- 1 cup milk
- 1 cup self-rising flour
- 0.8 cup sugar

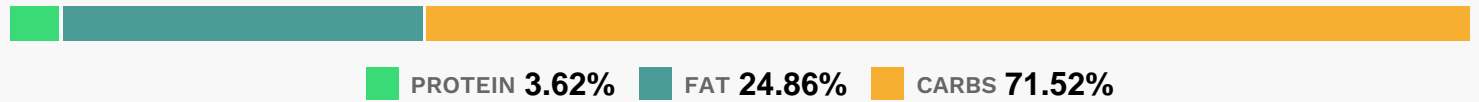
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F.
- Melt butter and pour into a 2- or 2.5-quart casserole or baking pan.
- Mix sugar, flour and milk.
- Pour mixture over butter, but do not mix.
- Pour the LUCKY LEAF Premium Blueberry Pie Filling on top, but do not mix.
- Bake for 1 hour.
- Serve warm with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:13.98, Inflammation Score:-2, Nutrition Score:2.93956520376%

Nutrients (% of daily need)

Calories: 237.92kcal (11.9%), Fat: 6.64g (10.22%), Saturated Fat: 4g (25.01%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 41.45g (15.07%), Sugar: 32.24g (35.83%), Cholesterol: 17.49mg (5.83%), Sodium: 59.02mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Manganese: 0.19mg (9.52%), Selenium: 4.87µg (6.95%), Fiber: 1.54g (6.16%), Vitamin A: 218.99IU (4.38%), Calcium: 41.77mg (4.18%), Phosphorus: 38.27mg (3.83%), Copper: 0.08mg (3.78%), Vitamin B2: 0.06mg (3.29%), Potassium: 99.9mg (2.85%), Iron: 0.5mg (2.77%), Magnesium: 10.15mg (2.54%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.33mg (2.19%), Vitamin B1: 0.03mg (2.1%), Vitamin B12: 0.12µg (2.03%), Vitamin B5: 0.17mg (1.75%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.23mg (1.53%), Vitamin D: 0.22µg (1.49%), Folate: 4.14µg (1.04%)