



Skinny Peach Cobbler

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 3 tablespoons canola oil
- ☐ 0.8 cup sugar
- ☐ 29 oz peaches light drained canned
- ☐ 1 teaspoon juice of lemon
- ☐ 1 serving vanilla ice cream reduced-fat

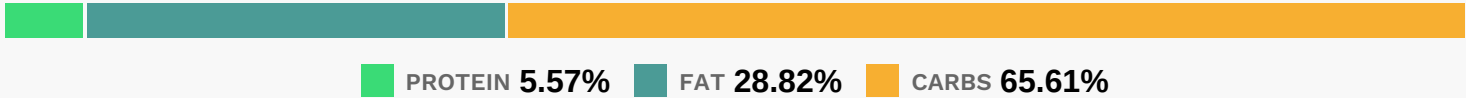
Equipment

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

Directions

- ☐ Heat oven to 375°F. In ungreased 8-inch square (2-quart) glass baking dish, stir Bisquick mix and cinnamon. Stir in milk and oil with wire whisk or fork until blended.
- ☐ In medium bowl, mix sugar, peaches and lemon juice. Spoon over batter in baking dish.
- ☐ Bake 50 to 55 minutes or until golden brown.
- ☐ Let stand about 20 minutes before serving.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:30.77, Glycemic Load:24.19, Inflammation Score:-5, Nutrition Score:8.6199998959251%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 338.35kcal (16.92%), Fat: 11.18g (17.2%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 54.7g (19.89%), Sugar: 43.66g (48.51%), Cholesterol: 5.05mg (1.68%), Sodium: 299.39mg (13.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Phosphorus: 204mg (20.4%), Vitamin E: 2.27mg (15.13%), Vitamin B2: 0.22mg (12.98%), Vitamin B1: 0.18mg (11.85%), Vitamin A: 587.84IU (11.76%), Calcium: 116.71mg (11.67%), Vitamin B3: 2.08mg (10.4%), Fiber: 2.56g (10.24%), Vitamin K: 10.48µg (9.98%), Folate: 34.97µg (8.74%), Potassium: 296.02mg (8.46%), Manganese: 0.17mg (8.45%), Selenium: 5.6µg (8%), Vitamin C: 6.16mg (7.46%), Copper: 0.14mg (7.14%), Vitamin B12: 0.37µg (6.24%), Vitamin B5: 0.59mg (5.95%), Iron: 1.06mg (5.91%), Magnesium: 22.74mg (5.68%), Zinc: 0.72mg (4.77%), Vitamin B6: 0.08mg (3.97%), Vitamin D: 0.46µg (3.08%)