



Triple-Berry Cobbler

READY IN



50 min.

SERVINGS



50

CALORIES



30 kcal

DESSERT

Ingredients

- 1 cup baking mix
- 4 cups poached berries fresh assorted sliced (blueberries, raspberries, strawberries)
- 0.3 cup knudsen cream sour
- 0.5 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup sugar divided
- 0.5 cup water divided
- 0.8 cup cool whip whipped topping thawed

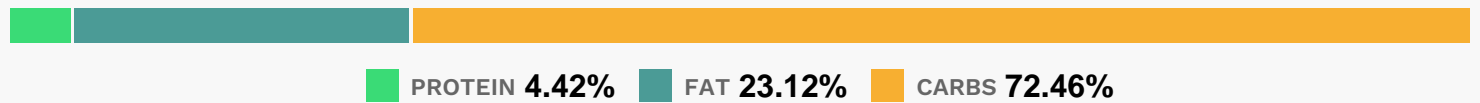
Equipment

- oven
- microwave

Directions

- Heat oven to 350F.
- Combine berries in 2-qt. round microwaveable casserole. Microwave on HIGH 1 min. Reserve 1 tsp. sugar. Stir remaining sugar, dry pudding mix and 1/4 cup water into berry mixture.
- Mix baking mix, sour cream and remaining water. Drop in 6 mounds (mounds should not touch) over fruit mixture.
- Mix reserved sugar and cinnamon; sprinkle over dough.
- Bake 35 min. or until fruit mixture is hot and bubbly and biscuits are lightly browned.
- Serve warm topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.0669564993485%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 29.98kcal (1.5%), Fat: 0.79g (1.21%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.24g (1.9%), Sugar: 3.68g (4.08%), Cholesterol: 0.75mg (0.25%), Sodium: 44.28mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 6.79mg (8.23%), Manganese: 0.06mg (2.87%), Phosphorus: 18.57mg (1.86%), Folate: 5.87µg (1.47%), Fiber: 0.31g (1.22%), Vitamin B1: 0.02mg (1.14%)