



## Warm Peach-Berry Cobbler

READY IN



110 min.

SERVINGS



50

CALORIES



37 kcal

DESSERT

### Ingredients

- 1.5 cups baking mix all-purpose
- 3 Tbsp flour
- 0.5 cup milk
- 0.5 cup grain cereal flakes whole with blueberries
- 16 oz peaches frozen divided thawed sliced
- 3 oz jell-o strawberry flavor gelatin
- 0.3 cup sugar divided
- 0.8 cup water
- 1 cup cool whip whipped topping thawed

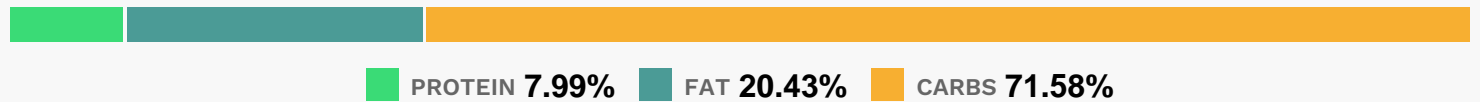
## Equipment

- sauce pan
- oven
- whisk
- baking pan

## Directions

- Heat oven to 375F.
- Mix flour and water with whisk in large saucepan. Bring to boil on medium heat, stirring constantly. Stir in dry gelatin mix, 2 Tbsp. sugar and fruit.
- Pour into 8-inch square baking dish.
- Mix baking mix, remaining sugar, cereal and milk just until moistened. Drop 8 heaping spoonfuls of dough over hot fruit mixture.
- Bake 30 min. or until golden brown. Cool slightly.
- Serve topped with COOL WHIP. Refrigerate leftover cobbler.

## Nutrition Facts



## Properties

Glycemic Index:4.47, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:0.9578260857126%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 37.49kcal (1.87%), Fat: 0.86g (1.33%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.56g (2.39%), Sugar: 4.22g (4.69%), Cholesterol: 0.39mg (0.13%), Sodium: 58.69mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Phosphorus: 29.51mg (2.95%), Vitamin B1: 0.03mg (2.24%), Vitamin B2: 0.03mg (1.8%), Folate: 6.46µg (1.62%), Vitamin B3: 0.29mg (1.46%), Calcium: 11.91mg (1.19%), Selenium: 0.82µg (1.16%), Manganese: 0.02mg (1.06%), Iron: 0.19mg (1.03%)