



3-Minute Apple Cobbler

 Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



204 kcal

Ingredients

- 0.3 cup apple sauce
- 1 dash ground cinnamon
- 6 vanilla wafers
- 1 Tbsp cool whip whipped topping thawed

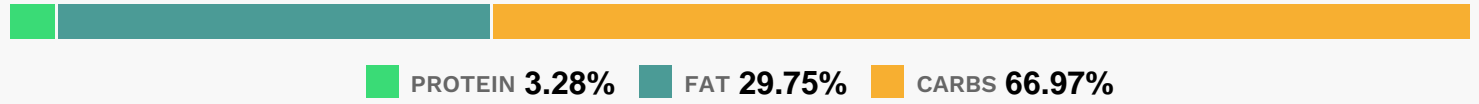
Equipment

- bowl
- microwave

Directions

- Place wafers in small microwaveable bowl; top with applesauce.
- Microwave on HIGH 15 to 30 sec. or until hot. Cool 1 min.
- Top with COOL WHIP and cinnamon.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:19.89, Inflammation Score:-1, Nutrition Score:2.6713043878908%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 204.49kcal (10.22%), Fat: 6.93g (10.66%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 33.37g (12.13%), Sugar: 18.19g (20.21%), Cholesterol: 0.45mg (0.15%), Sodium: 149.28mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin B1: 0.17mg (11.21%), Manganese: 0.19mg (9.5%), Folate: 33.71µg (8.43%), Fiber: 1.71g (6.82%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 1.01mg (5.03%), Potassium: 84.24mg (2.41%), Phosphorus: 22.14mg (2.21%), Calcium: 15.65mg (1.57%), Iron: 0.23mg (1.27%), Copper: 0.02mg (1.02%)