



## Apple-Berry Cobbler with Vanilla Bean Hard Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

DESSERT

### Ingredients

- 6 cups cooking apples cored peeled sliced
- 1 teaspoon double-acting baking powder
- 1 cup firmly brown sugar packed
- 0.5 cup butter softened
- 2 teaspoons cornstarch
- 2 cups cranberries fresh thawed
- 1 large eggs
- 1 cup flour all-purpose

- 0.5 teaspoon ground cinnamon
- 1.5 tablespoons milk
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup water
- 0.5 cup wheat germ

## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Combine first 4 ingredients; set aside.
- Beat butter at medium speed of an electric mixer until creamy. Gradually add sugar; beat well.
- Add milk and egg; beat well. Stir in flour mixture; set batter aside.
- Combine sliced apple and next 4 ingredients in a large bowl.
- Combine cornstarch and water.
- Add to apple mixture; stir well. Spoon apple mixture into a lightly greased 11" x 7" x 1 1/2" baking dish. Drop batter by spoonfuls over fruit mixture.
- Bake, uncovered, at 350 for 45 or 50 minutes or until golden. If desired, serve warm with Vanilla Bean Hard Sauce or ice cream.

## Nutrition Facts



## Properties

Glycemic Index:44.64, Glycemic Load:21.9, Inflammation Score:-6, Nutrition Score:11.213478238686%

## Flavonoids

Cyanidin: 13.08mg, Cyanidin: 13.08mg, Cyanidin: 13.08mg, Cyanidin: 13.08mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 8.15mg, Epicatechin: 8.15mg, Epicatechin: 8.15mg, Epicatechin: 8.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

## Nutrients (% of daily need)

Calories: 412.18kcal (20.61%), Fat: 13.19g (20.29%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 72.07g (24.02%), Net Carbohydrates: 67.48g (24.54%), Sugar: 50.23g (55.82%), Cholesterol: 23.59mg (7.86%), Sodium: 280.31mg (12.19%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 4.68g (9.37%), Manganese: 1.23mg (61.44%), Selenium: 13.41µg (19.16%), Vitamin B1: 0.28mg (18.83%), Fiber: 4.59g (18.37%), Folate: 55.22µg (13.8%), Vitamin A: 611.79IU (12.24%), Phosphorus: 121.17mg (12.12%), Vitamin B2: 0.18mg (10.77%), Iron: 1.72mg (9.58%), Vitamin C: 7.85mg (9.51%), Vitamin B6: 0.18mg (8.91%), Vitamin B3: 1.57mg (7.84%), Magnesium: 31.15mg (7.79%), Calcium: 77.9mg (7.79%), Zinc: 1.16mg (7.72%), Potassium: 258.18mg (7.38%), Copper: 0.14mg (6.98%), Vitamin E: 1.02mg (6.79%), Vitamin B5: 0.52mg (5.17%), Vitamin K: 3.43µg (3.26%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.16µg (1.04%)