



Apple-Cherry Cobbler

 Dairy Free

READY IN



58 min.

SERVINGS



9

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 3.5 cups braeburn apple cubed peeled (3 large apples)
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons stick margarine melted

- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 14.5 ounce tart cherries in water red pitted drained canned

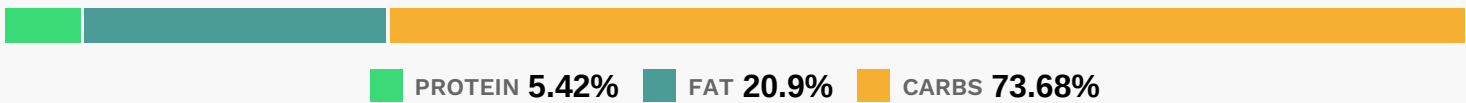
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a large bowl; stir gently. Spoon into a 9-inch square pan.
- ☐ Combine flour, baking powder, and salt in a small bowl; set aside.
- ☐ Combine butter and next 4 ingredients in a large bowl; stir well.
- ☐ Add flour mixture, and stir well.
- ☐ Pour batter over fruit.
- ☐ Bake at 350 for 40 minutes or until golden and a wooden pick inserted in center comes out clean.
- ☐ Sprinkle powdered sugar over cobbler before serving, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:23.28, Inflammation Score:-3, Nutrition Score:4.7178260969079%

Flavonoids

Cyanidin: 14.56mg, Cyanidin: 14.56mg, Cyanidin: 14.56mg, Cyanidin: 14.56mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.94mg,

Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 222.98kcal (11.15%), Fat: 5.37g (8.26%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 40.17g (14.61%), Sugar: 31.34g (34.83%), Cholesterol: 41.33mg (13.78%), Sodium: 154.37mg (6.71%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 3.13g (6.26%), Selenium: 7.07µg (10.09%), Fiber: 2.41g (9.63%), Vitamin B2: 0.14mg (8%), Vitamin B1: 0.11mg (7.16%), Folate: 27.62µg (6.9%), Vitamin C: 5.44mg (6.6%), Manganese: 0.12mg (6.24%), Phosphorus: 61.51mg (6.15%), Vitamin A: 291.79IU (5.84%), Iron: 0.97mg (5.4%), Potassium: 182.98mg (5.23%), Calcium: 51.02mg (5.1%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.34mg (3.41%), Vitamin B6: 0.07mg (3.32%), Copper: 0.07mg (3.26%), Magnesium: 11.42mg (2.85%), Vitamin E: 0.4mg (2.63%), Vitamin K: 2.09µg (1.99%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.48%)