



Apple-Cherry Cobbler with Pinwheel Biscuits

READY IN



75 min.

SERVINGS



10

CALORIES



1037 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds unsalted finely chopped
- ☐ 8 large braeburn apple peeled cut into 1/2-inch-thick wedges (4 1/2 lb.)
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 10 servings grands flaky refrigerator biscuits
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.8 cup butter cold cut into pieces
- ☐ 2 tablespoons butter melted
- ☐ 12 oz cherries frozen thawed drained well

- ☐ 0.3 cup flour all-purpose
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.7 cup milk
- ☐ 10 servings asian – teriyaki rice
- ☐ 0.8 teaspoon salt

Equipment

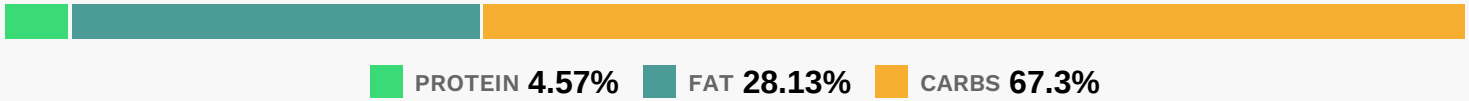
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Prepare Filling: Preheat oven to 42
- ☐ Toss together first 3 ingredients. Melt 1/4 cup butter in a large skillet over medium–high heat; add apple mixture. Cook, stirring often, 20 to 25 minutes or until apples are tender and syrup thickens.
- ☐ Remove from heat; stir in cherries and next 3 ingredients. Spoon apple mixture into a lightly greased 3–qt. baking dish.
- ☐ Bake apple mixture 12 minutes, placing a baking sheet on oven rack directly below baking dish to catch any drips.
- ☐ Prepare Biscuits: Stir together 2 1/4 cups flour and next 3 ingredients in a large bowl.

- ☐ Cut cold butter pieces into flour mixture with a pastry blender or fork until crumbly; stir in milk. Turn dough out onto a lightly floured surface; knead 4 to 5 times.
- ☐ Roll dough into a 12-inch square.
- ☐ Combine brown sugar and 2 Tbsp. melted butter; sprinkle over dough, patting gently.
- ☐ Sprinkle with almonds.
- ☐ Roll up, jelly-roll fashion; pinch seams and ends to seal.
- ☐ Cut roll into 12 (1-inch) slices.
- ☐ Place slices in a single layer on top of apple mixture.
- ☐ Bake at 425 for 15 to 17 minutes or until biscuits are golden.
- ☐ Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:70.32, Glycemic Load:67.97, Inflammation Score:-9, Nutrition Score:16.680869579315%

Flavonoids

Cyanidin: 13.17mg, Cyanidin: 13.17mg, Cyanidin: 13.17mg, Cyanidin: 13.17mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 1037kcal (51.85%), Fat: 33.17g (51.02%), Saturated Fat: 16.43g (102.68%), Carbohydrates: 178.53g (59.51%), Net Carbohydrates: 169.73g (61.72%), Sugar: 91.35g (101.5%), Cholesterol: 56.78mg (18.93%), Sodium: 1125.91mg

(48.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin A: 2307IU (46.14%), Fiber: 8.8g (35.22%), Vitamin B1: 0.49mg (32.9%), Manganese: 0.55mg (27.46%), Vitamin B2: 0.45mg (26.46%), Folate: 98.73µg (24.68%), Vitamin B3: 4.76mg (23.81%), Selenium: 13.5µg (19.29%), Iron: 3.39mg (18.81%), Vitamin C: 15.2mg (18.43%), Vitamin E: 2.58mg (17.19%), Potassium: 551.4mg (15.75%), Calcium: 147.57mg (14.76%), Phosphorus: 139.85mg (13.99%), Magnesium: 37.78mg (9.44%), Copper: 0.19mg (9.41%), Vitamin K: 9.71µg (9.25%), Vitamin B6: 0.15mg (7.47%), Vitamin B5: 0.53mg (5.35%), Zinc: 0.67mg (4.47%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.18µg (1.19%)