

Apple Cobbler

READY IN



49 min.

SERVINGS



8

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup butter
- ☐ 0.3 cup orange juice unsweetened
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup sugar divided
- ☐ 2 teaspoons sugar
- ☐ 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when firm peeled thinly sliced 4 large apples

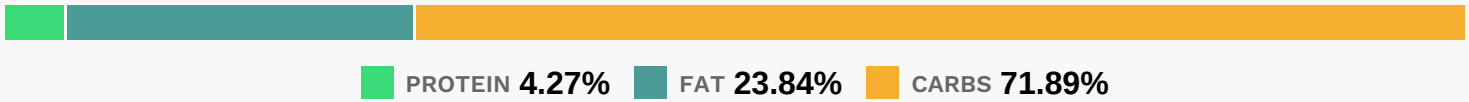
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine apple slices and orange juice in a large bowl; add 1/3 cup sugar and next 3 ingredients, stirring well. Spoon mixture into an 11- x 7- x 1 1/2-inch baking dish; set aside.
- ☐ Combine remaining 1/3 cup sugar, flour, baking powder, and salt; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add milk; stir with a fork just until dry ingredients are moistened.
- ☐ Drop batter by 8 large spoonfuls over apple mixture; sprinkle 2 teaspoons sugar over cobbler.
- ☐ Bake at 375 for 35 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:62.43, Glycemic Load:24.24, Inflammation Score:-4, Nutrition Score:4.8386957075285%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 223.1kcal (11.15%), Fat: 6.08g (9.36%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 39.25g (14.27%), Sugar: 25.84g (28.71%), Cholesterol: 0.46mg (0.15%), Sodium: 226.67mg (9.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin B1: 0.15mg (10.14%), Vitamin C: 8.06mg (9.77%), Folate: 34µg (8.5%), Selenium: 5.75µg (8.22%), Fiber: 2.03g (8.13%), Manganese: 0.16mg (7.77%), Calcium: 75.25mg (7.53%), Vitamin B2: 0.12mg (7.22%), Vitamin A: 339.83IU (6.8%), Phosphorus: 60.3mg (6.03%), Vitamin B3: 1.04mg (5.21%), Iron: 0.93mg (5.17%), Potassium: 134.12mg (3.83%), Magnesium: 10.17mg (2.54%), Copper: 0.05mg (2.36%), Vitamin E: 0.35mg (2.33%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.1µg (1.6%), Zinc: 0.21mg (1.43%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.17µg (1.12%)