



Apple Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 1 large egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2.8 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)

☐ 1 teaspoon water

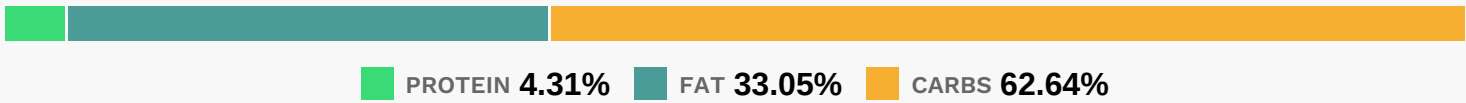
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Arrange apple in an 11 x 7-inch baking dish.
- ☐ Drizzle cider over apple.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, brown sugar, and cinnamon; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle flour mixture over apple mixture.
- ☐ Roll dough into a 12 x 8-inch rectangle.
- ☐ Place dough over apple mixture; fold edges under, and flute.
- ☐ Cut 3 slits in top of dough to allow steam to escape.
- ☐ Combine water and egg white, stirring well with a whisk.
- ☐ Brush dough with egg white mixture; sprinkle evenly with turbinado sugar.
- ☐ Bake at 350 for 40 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:34.11, Glycemic Load:9.34, Inflammation Score:-4, Nutrition Score:7.0465217303971%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 12.2mg, Epicatechin: 12.2mg, Epicatechin: 12.2mg, Epicatechin: 12.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 415.77kcal (20.79%), Fat: 15.61g (24.01%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 61.31g (22.29%), Sugar: 32.04g (35.6%), Cholesterol: 3.76mg (1.25%), Sodium: 241.44mg (10.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Fiber: 5.26g (21.05%), Manganese: 0.35mg (17.73%), Vitamin B1: 0.21mg (13.71%), Folate: 49.4µg (12.35%), Iron: 1.87mg (10.41%), Vitamin B2: 0.17mg (10.05%), Vitamin B3: 1.84mg (9.18%), Vitamin C: 7.27mg (8.81%), Selenium: 5.38µg (7.69%), Potassium: 258.51mg (7.39%), Vitamin K: 7.48µg (7.13%), Phosphorus: 62mg (6.2%), Vitamin B6: 0.1mg (5%), Copper: 0.1mg (4.84%), Magnesium: 18.93mg (4.73%), Vitamin E: 0.57mg (3.81%), Vitamin B5: 0.36mg (3.61%), Calcium: 34.24mg (3.42%), Vitamin A: 128.93IU (2.58%), Zinc: 0.34mg (2.27%)