



## Apple Cobbler with Cheddar Cheese Biscuit

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

DESSERT

### Ingredients

- 6 cups apples peeled thinly sliced
- 0.3 cup butter ( )
- 1 tsp calumet baking powder
- 0.8 cup flour
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 3 Tbsp milk
- 3 Tbsp minute tapioca
- 0.1 tsp salt

- 1 cup cheddar cheese shredded divided kraft
- 0.7 cup sugar
- 2 Tbsp sugar
- 1 cup water

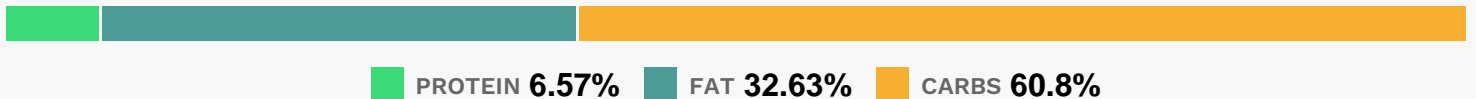
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375F.
- Mix water, 2/3 cup sugar, tapioca, cinnamon and nutmeg in large saucepan. Stir in apples. Bring to full boil on medium heat, stirring constantly.
- Pour into 8-inch square baking dish.
- Sprinkle with 1/2 cup of the cheese.
- Mix flour, 2 Tbsp. sugar, baking powder and salt in large bowl.
- Cut in butter until mixture resembles coarse crumbs. Stir in remaining 1/2 cup cheese and milk until mixture forms soft dough. Drop by 1/4 cupfuls onto hot apple mixture.
- Bake 25 minutes or until biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:10.65, Glycemic Load:4.26, Inflammation Score:-1, Nutrition Score:1.036086951261%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin:

0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 52.56kcal (2.63%), Fat: 1.97g (3.02%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 7.75g (2.82%), Sugar: 5.29g (5.88%), Cholesterol: 2.63mg (0.88%), Sodium: 47.45mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Calcium: 28mg (2.8%), Selenium: 1.46µg (2.08%), Fiber: 0.49g (1.96%), Phosphorus: 19.38mg (1.94%), Vitamin B2: 0.03mg (1.66%), Vitamin A: 81.07IU (1.62%), Manganese: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.38%), Folate: 4.87µg (1.22%)