



Apple-Cranberry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

- 2.5 pounds apples cubed peeled
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 12 ounce cranberries fresh
- 0.3 cup rum dark
- 1 cup flour all-purpose
- 0.7 cup buttermilk low-fat
- 0.3 cup stick margarine chilled cut into small pieces
- 0.8 cup orange juice fresh (3 oranges)

- 1 teaspoon orange zest grated
- 0.8 teaspoon pumpkin pie spice
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar
- 2 teaspoons sugar
- 0.3 cup water

Equipment

- sauce pan
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 40
- To prepare fruit mixture, combine the first 5 ingredients in a saucepan. Bring to a boil; stir occasionally. Reduce heat; simmer 10 minutes or until cranberries pop and mixture is slightly thick. Cool slightly; stir in apple and rum. Spoon into a 3-quart casserole coated with cooking spray.
- To prepare topping, lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine flour, 1/4 cup sugar, baking powder, baking soda, and salt.
- Cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine buttermilk and rind, and add to flour mixture. Stir just until moist.
- Spoon topping into 8 equal portions over fruit mixture; sprinkle with 2 teaspoons sugar.
- Bake at 400 for 35 minutes or until filling is bubbly and topping is golden brown.

Nutrition Facts



■ PROTEIN 3.94% ■ FAT 19.39% ■ CARBS 76.67%

Properties

Glycemic Index:65.16, Glycemic Load:30.55, Inflammation Score:-6, Nutrition Score:8.1595652051594%

Flavonoids

Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 316.28kcal (15.81%), Fat: 6.75g (10.38%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 54.58g (19.85%), Sugar: 39.24g (43.6%), Cholesterol: 0.8mg (0.27%), Sodium: 262.75mg (11.42%), Alcohol: 2.51g (100%), Alcohol %: 1.11% (100%), Protein: 3.08g (6.17%), Vitamin C: 24.7mg (29.94%), Fiber: 5.46g (21.83%), Manganese: 0.34mg (17.25%), Vitamin B1: 0.18mg (12.09%), Folate: 41.44µg (10.36%), Vitamin B2: 0.17mg (9.86%), Vitamin A: 423.96IU (8.48%), Selenium: 5.9µg (8.43%), Potassium: 284.65mg (8.13%), Calcium: 73.75mg (7.38%), Phosphorus: 72.13mg (7.21%), Vitamin E: 1.08mg (7.19%), Iron: 1.16mg (6.43%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.11mg (5.36%), Vitamin K: 5.39µg (5.13%), Copper: 0.1mg (5.12%), Magnesium: 18.58mg (4.64%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.31mg (2.07%)