



Apple-Cranberry Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 tablespoons cornmeal
- ☐ 1 cup cranberries dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup water

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 10 cup baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (6 large)

Equipment

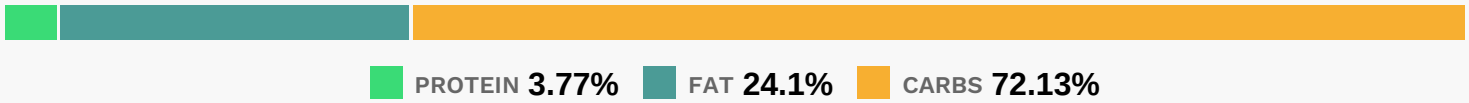
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ To prepare crust, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Place 1 1/2 cups flour, cornmeal, and salt in a food processor; pulse 2 to 3 times or until combined.
- ☐ Add butter, and pulse 10 times or until mixture resembles coarse meal. With processor on, slowly add the ice water and vinegar through food chute, processing just until mixture is combined (do not form a ball). Press gently into a 4-inch circle on plastic wrap; cover and chill 15 minutes or until plastic can be easily removed.
- ☐ To prepare filling, combine sugar, 1 tablespoon flour, and cinnamon in a large bowl.
- ☐ Add cranberries and apple; toss well to coat. Spoon apple mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Unwrap dough; place chilled dough on a lightly floured surface.
- ☐ Roll dough into a 12 x 8-inch rectangle. Fit dough over the filling. Fold edges under; flute.
- ☐ Cut several slits in top of dough to allow steam to escape.

Bake at 425 for 30 minutes or until crust is golden brown. Cool on a wire rack 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:23.17, Inflammation Score:-4, Nutrition Score:6.3726087134817%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.46mg, Epicatechin: 10.46mg, Epicatechin: 10.46mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 297.21kcal (14.86%), Fat: 8.32g (12.8%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 56.04g (18.68%), Net Carbohydrates: 51.08g (18.57%), Sugar: 31.72g (35.25%), Cholesterol: 20.07mg (6.69%), Sodium: 127.65mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Fiber: 4.96g (19.84%), Manganese: 0.29mg (14.35%), Vitamin B1: 0.2mg (13.51%), Folate: 44.87µg (11.22%), Selenium: 7.7µg (11.01%), Vitamin B2: 0.15mg (9.04%), Vitamin C: 6.42mg (7.79%), Vitamin B3: 1.54mg (7.71%), Iron: 1.32mg (7.31%), Vitamin A: 308.9IU (6.18%), Potassium: 189.31mg (5.41%), Vitamin E: 0.78mg (5.17%), Phosphorus: 47.18mg (4.72%), Vitamin K: 4.87µg (4.64%), Vitamin B6: 0.09mg (4.27%), Copper: 0.09mg (4.25%), Magnesium: 15.04mg (3.76%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.3mg (2.03%), Calcium: 17.75mg (1.77%)