



Apple-Gingerbread Cobbler

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 42 ounce peach pie filling canned
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.5 cup butter divided
- ☐ 0.5 cup pecans chopped
- ☐ 8 servings whipped cream
- ☐ 0.8 cup water
- ☐ 14 ounce gingerbread mix divided
- ☐ 14 ounce gingerbread mix divided

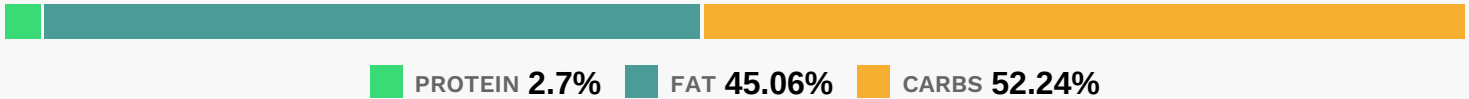
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together 2 cups gingerbread mix and 3/4 cup water until smooth; set mixture aside.
- ☐ Stir together remaining gingerbread mix and brown sugar; cut in 1/4 cup butter until mixture is crumbly. Stir in pecans; set aside.
- ☐ Combine apple pie filling and remaining 1/4 cup butter in a large saucepan, and cook, stirring often, 5 minutes over medium heat or until thoroughly heated.
- ☐ Spoon hot apple mixture evenly into a lightly greased 11x7-inch baking dish. Spoon gingerbread mixture evenly over hot apple mixture; sprinkle with pecan mixture.
- ☐ Bake at 375 for 30 to 35 minutes or until set.
- ☐ Serve cobbler with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:9.25, Inflammation Score:-4, Nutrition Score:6.1234782312227%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 460.38kcal (23.02%), Fat: 23.82g (36.65%), Saturated Fat: 12.19g (76.22%), Carbohydrates: 62.12g (20.71%), Net Carbohydrates: 59.52g (21.64%), Sugar: 41.48g (46.09%), Cholesterol: 59.54mg (19.85%), Sodium: 217.01mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Manganese: 0.36mg (17.82%),

Vitamin A: 671.94IU (13.44%), Vitamin B2: 0.19mg (11.09%), Calcium: 104.98mg (10.5%), Fiber: 2.6g (10.42%), Phosphorus: 102.27mg (10.23%), Copper: 0.19mg (9.28%), Potassium: 238.8mg (6.82%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.84mg (5.6%), Magnesium: 21.58mg (5.4%), Vitamin B5: 0.53mg (5.29%), Vitamin B12: 0.28µg (4.69%), Vitamin E: 0.68mg (4.55%), Iron: 0.71mg (3.97%), Vitamin B6: 0.07mg (3.65%), Vitamin C: 3mg (3.64%), Selenium: 2.12µg (3.03%), Vitamin K: 2.17µg (2.07%), Folate: 5.29µg (1.32%), Vitamin B3: 0.22mg (1.11%)