



Apple Pecan Cobbler



Vegetarian



Popular

READY IN



85 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 4 cups apples thinly sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 0.5 cup evaporated milk
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

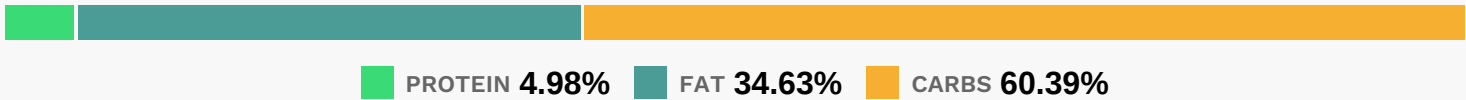
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Generously grease a 2-quart baking dish.
- ☐ Arrange apple slices in an even layer in the baking dish. In a small bowl, mix together 1/2 cup sugar, cinnamon, and 1/2 cup pecans.
- ☐ Sprinkle mixture over apples.
- ☐ In a medium bowl, mix together flour, 1 cup sugar, baking powder, and salt. In a separate bowl whisk together egg, evaporated milk, and melted butter.
- ☐ Pour milk mixture into flour mixture all at once, and stir until smooth.
- ☐ Pour mixture over apples, and sprinkle top with 1/4 cup pecans.
- ☐ Bake in the preheated oven for 55 minutes.

Nutrition Facts



Properties

Glycemic Index:41.76, Glycemic Load:28.5, Inflammation Score:-4, Nutrition Score:5.9056521939195%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 306.68kcal (15.33%), Fat: 12.18g (18.74%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 45.47g (16.54%), Sugar: 33.24g (36.93%), Cholesterol: 45.36mg (15.12%), Sodium: 212.19mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Manganese: 0.31mg (15.36%), Vitamin B1: 0.17mg (11.06%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.18mg (10.63%), Fiber: 2.32g (9.27%), Phosphorus: 89.35mg (8.94%), Folate: 35.35µg (8.84%), Calcium: 85.86mg (8.59%), Vitamin A: 339.73IU (6.79%), Iron: 1.09mg (6.07%), Vitamin B3: 1.06mg (5.3%), Potassium: 156.3mg (4.47%), Copper: 0.09mg (4.45%), Vitamin C: 3.22mg (3.9%), Magnesium: 15.53mg (3.88%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.49mg (3.3%), Vitamin E: 0.47mg (3.17%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.35µg (2.24%), Vitamin B12: 0.09µg (1.5%)