



Apple-Pecan Pie Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup corn syrup dark
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 6 servings pecans

Equipment

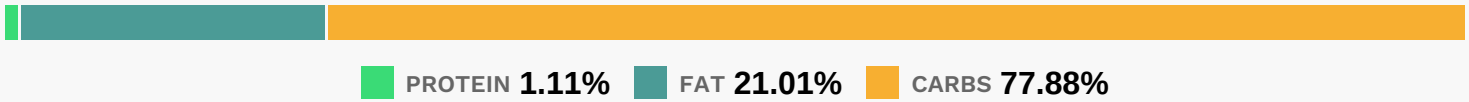
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Toss together first 3 ingredients in a large bowl.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add apple mixture and corn syrup to skillet; bring to a boil, and cook, stirring often, 10 minutes. Divide hot apple mixture evenly between 6 lightly greased 6-ounce ovenproof ramekins or custard cups. Spoon Pecan Pie Muffin Batter evenly over hot apple mixture.
- ☐ Bake at 425 for 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:29.5, Inflammation Score:-4, Nutrition Score:5.0208695984405%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 352.7kcal (17.63%), Fat: 8.8g (13.54%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 73.38g (24.46%), Net Carbohydrates: 67.78g (24.65%), Sugar: 63.47g (70.52%), Cholesterol: 20.34mg (6.78%), Sodium: 112.31mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Fiber: 5.61g (22.43%), Vitamin C: 10.44mg (12.66%), Manganese: 0.18mg (9.08%), Potassium: 288.6mg (8.25%), Vitamin A: 359.39IU (7.19%), Vitamin K: 5.69µg (5.42%), Vitamin B6: 0.11mg (5.33%), Copper: 0.1mg (5.03%), Vitamin B2: 0.08mg (4.61%), Vitamin B1: 0.07mg

(4.56%), Magnesium: 17.21mg (4.3%), Vitamin E: 0.64mg (4.29%), Calcium: 37.28mg (3.73%), Phosphorus: 36.55mg (3.65%), Iron: 0.65mg (3.61%), Folate: 12.07µg (3.02%), Selenium: 2.02µg (2.89%), Vitamin B5: 0.2mg (1.99%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.18mg (1.19%)