



Apple-Raisin Cobbler

READY IN



60 min.

SERVINGS



1

CALORIES



2243 kcal

DESSERT

Ingredients

- 6 cups apples peeled thinly sliced
- 6 Tbsp butter divided
- 1 tsp calumet baking powder
- 0.8 cup flour
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 3 Tbsp milk
- 3 Tbsp minute tapioca
- 0.3 cup raisins

- 0.1 tsp salt
- 0.7 cup sugar
- 2 Tbsp sugar
- 1 cup water

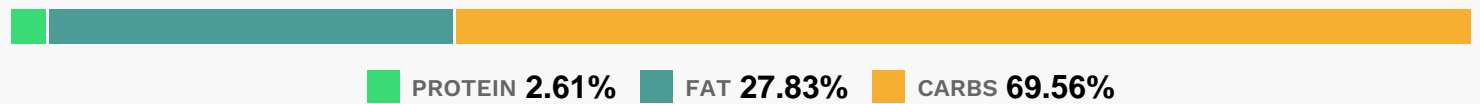
Equipment

- sauce pan
- oven
- baking pan

Directions

- Mix apples, 2/3 cup sugar, tapioca, cinnamon, nutmeg and water in large saucepan. Cook on medium heat, stirring constantly, until mixture comes to full boil.
- Pour into 2-quart baking dish.
- Sprinkle with raisins. Dot with 2 Tbsp. of the butter.
- Cut remaining butter into flour, 2 Tbsp. sugar, baking powder and salt until mixture resembles coarse crumbs. Stir in milk until soft dough forms. Drop by tablespoonfuls onto hot apple mixture.
- Bake at 375F for 30 minutes or until topping is golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:510.98, Glycemic Load:211.53, Inflammation Score:-10, Nutrition Score:37.101739002311%

Flavonoids

Cyanidin: 11.77mg, Cyanidin: 11.77mg, Cyanidin: 11.77mg, Cyanidin: 11.77mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 56.47mg, Epicatechin: 56.47mg, Epicatechin: 56.47mg, Epicatechin: 56.47mg Epicatechin 3-gallate: 0.08mg,

Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 30.08mg, Quercetin: 30.08mg, Quercetin: 30.08mg, Quercetin: 30.08mg

Nutrients (% of daily need)

Calories: 2242.97kcal (112.15%), Fat: 72.25g (111.15%), Saturated Fat: 15.46g (96.61%), Carbohydrates: 406.28g (135.43%), Net Carbohydrates: 380.96g (138.53%), Sugar: 237.65g (264.05%), Cholesterol: 5.4mg (1.8%), Sodium: 1666.56mg (72.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Fiber: 25.32g (101.29%), Manganese: 1.51mg (75.52%), Vitamin A: 3490.81IU (69.82%), Vitamin B1: 0.95mg (63.58%), Vitamin B2: 0.87mg (51.21%), Folate: 196.93µg (49.23%), Selenium: 33.97µg (48.53%), Calcium: 482.86mg (48.29%), Vitamin C: 37.39mg (45.33%), Iron: 7.37mg (40.93%), Potassium: 1421.68mg (40.62%), Phosphorus: 397.16mg (39.72%), Vitamin B3: 6.86mg (34.32%), Copper: 0.55mg (27.4%), Vitamin E: 4.09mg (27.29%), Vitamin B6: 0.48mg (23.98%), Magnesium: 86.83mg (21.71%), Vitamin K: 17.73µg (16.88%), Vitamin B5: 1.14mg (11.38%), Zinc: 1.33mg (8.85%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.5µg (3.3%)