



## Apple-Raspberry Cookie Cobbler

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



10

CALORIES



356 kcal

DESSERT

### Ingredients

- 42 oz peach pie filling with more fruit canned
- 1 cup oats
- 12 oz raspberries unsweetened frozen ()
- 2 tablespoons sugar
- 16.5 oz sugar refrigerated

### Equipment

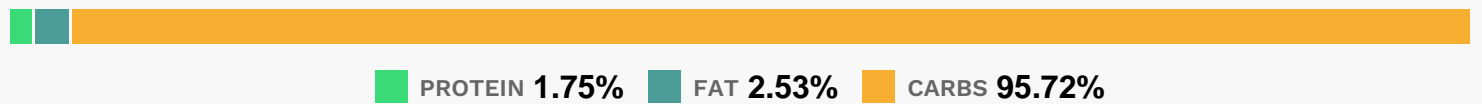
- bowl
- oven

glass baking pan

## Directions

- Heat oven to 350°F. In ungreased 13x9-inch (3-quart) glass baking dish, mix pie filling, raspberries and 1/4 cup sugar.
- In medium bowl, break up cookie dough.
- Add oats; mix well. Crumble mixture evenly over fruit mixture.
- Sprinkle 2 tablespoons sugar over top.
- Bake 50 to 60 minutes or until topping is golden brown. Cool slightly before serving, about 45 minutes.
- Serve with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:23.12, Glycemic Load:37.91, Inflammation Score:-2, Nutrition Score:5.3047826316046%

## Flavonoids

Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 356.17kcal (17.81%), Fat: 1.05g (1.62%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 89.63g (29.88%), Net Carbohydrates: 85.47g (31.08%), Sugar: 67.13g (74.59%), Cholesterol: 0mg (0%), Sodium: 57.04mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.61mg (30.53%), Fiber: 4.16g (16.66%), Vitamin C: 10.94mg (13.26%), Magnesium: 31.76mg (7.94%), Copper: 0.13mg (6.48%), Phosphorus: 55.34mg (5.53%), Iron: 0.98mg (5.45%), Selenium: 3.48µg (4.97%), Vitamin B1: 0.07mg (4.6%), Potassium:

134.96mg (3.86%), Vitamin K: 3.51µg (3.34%), Zinc: 0.45mg (3.03%), Vitamin E: 0.4mg (2.67%), Vitamin B2: 0.05mg (2.65%), Folate: 9.74µg (2.43%), Vitamin B6: 0.05mg (2.29%), Vitamin B5: 0.22mg (2.2%), Calcium: 17.57mg (1.76%), Vitamin B3: 0.31mg (1.56%)