



Apple, Rhubarb, and Sour Cherry Passover Cobbler

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 1.8 pounds mcintosh apples peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter chilled cut into small pieces
- ☐ 0.5 cup cherries sour canned pitted drained
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 Dash ground cinnamon
- ☐ 1 cup matzo meal unsalted
- ☐ 0.3 cup orange juice fresh

- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 cup potato flour
- ☐ 2 tablespoons potato flour
- ☐ 1 cup rhubarb frozen thawed chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare topping, spoon the matzo meal into a dry measuring cup; level with a knife.
- ☐ Combine matzo meal and next 4 ingredients (matzo meal through dash of cinnamon), stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add 2 tablespoons orange juice; stir just until moist.
- ☐ To prepare filling, combine apples and next 6 ingredients (apples through 1/2 teaspoon cinnamon); toss gently.
- ☐ Press 1 1/2 cups matzo mixture in the bottom of an 11 x 7-inch baking dish coated with cooking spray. Spoon filling over crust; top evenly with remaining matzo mixture.
- ☐ Bake at 350 for 45 minutes or until filling is bubbly and crust is lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:5.2978260957676%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 317.08kcal (15.85%), Fat: 9.67g (14.88%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 54.16g (19.7%), Sugar: 34.45g (38.27%), Cholesterol: 24.4mg (8.13%), Sodium: 141.01mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Fiber: 3.38g (13.53%), Vitamin C: 10.28mg (12.46%), Manganese: 0.22mg (11.08%), Selenium: 5.75µg (8.21%), Potassium: 284.86mg (8.14%), Vitamin A: 363.15IU (7.26%), Vitamin B6: 0.14mg (6.89%), Vitamin B1: 0.1mg (6.87%), Vitamin K: 6.37µg (6.07%), Vitamin B3: 1.06mg (5.29%), Vitamin B2: 0.08mg (4.8%), Iron: 0.85mg (4.7%), Magnesium: 18.33mg (4.58%), Phosphorus: 45.4mg (4.54%), Calcium: 39.3mg (3.93%), Copper: 0.07mg (3.32%), Vitamin E: 0.48mg (3.23%), Folate: 11.63µg (2.91%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.22mg (1.46%)