

# Apricot Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

DESSERT

## Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 1.5 lb apricots fresh pitted cut into 1/2-inch wedges
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon salt

- ☐ 3 teaspoons sugar
- ☐ 2 tablespoons butter unsalted cold cut into bits

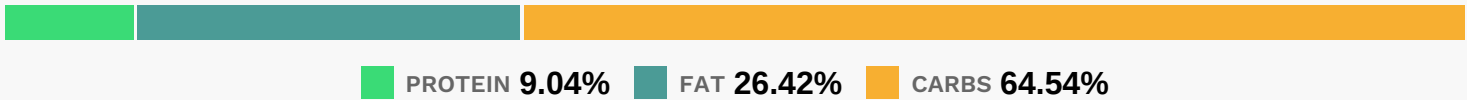
## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

## Directions

- ☐ Toss all filling ingredients together in a 9-inch glass or ceramic pie plate and let stand until juicy, about 30 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Sift together flour, baking powder and soda, salt, and 1 teaspoon sugar in a bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in buttermilk with a fork just until combined (do not overmix).
- ☐ Drop rounded tablespoons of dough over filling, leaving spaces in between to allow topping to expand.
- ☐ Sprinkle with remaining 2 teaspoons sugar.
- ☐ Bake cobbler in middle of oven until fruit is tender and topping is golden, about 30 minutes. Cool slightly, about 15 minutes, and serve warm.
- ☐ Each serving about 280 calories and 4 grams fat
- ☐ Gourmet

## Nutrition Facts



## Properties

Glycemic Index:77.44, Glycemic Load:22.13, Inflammation Score:-9, Nutrition Score:12.814782712771%

## Flavonoids

Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg Epicatechin: 8.06mg, Epicatechin: 8.06mg, Epicatechin: 8.06mg, Epicatechin: 8.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 250.27kcal (12.51%), Fat: 7.58g (11.66%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 37.61g (13.68%), Sugar: 20.38g (22.65%), Cholesterol: 18.35mg (6.12%), Sodium: 327.8mg (14.25%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 5.83g (11.66%), Vitamin A: 3500.61IU (70.01%), Vitamin C: 17.74mg (21.5%), Vitamin B1: 0.25mg (16.67%), Fiber: 4.04g (16.17%), Folate: 60.28µg (15.07%), Manganese: 0.29mg (14.74%), Potassium: 511.09mg (14.6%), Vitamin B2: 0.24mg (14.08%), Selenium: 9.32µg (13.31%), Vitamin B3: 2.44mg (12.2%), Vitamin E: 1.71mg (11.43%), Phosphorus: 108.24mg (10.82%), Calcium: 106.19mg (10.62%), Iron: 1.85mg (10.27%), Copper: 0.18mg (8.81%), Magnesium: 25.71mg (6.43%), Vitamin B5: 0.64mg (6.35%), Vitamin K: 6.26µg (5.97%), Vitamin B6: 0.11mg (5.71%), Zinc: 0.63mg (4.18%), Vitamin D: 0.5µg (3.3%), Vitamin B12: 0.15µg (2.5%)