

Apricot Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



254 kcal

DESSERT

Ingredients

- 45 ounces apricots drained canned
- 1.5 teaspoons double-acting baking powder
- 3 tablespoons butter cold
- 1 tablespoon cornstarch
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.5 cup milk

- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 cup water

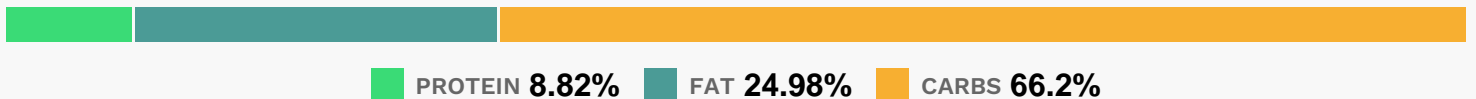
Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- In a saucepan, combine sugar, cornstarch, cinnamon and nutmeg. Stir in water until smooth. Bring to a boil over medium heat; cook and stir for 1 minute. Reduce heat.
- Add apricots and butter; heat through.
- Pour into a greased shallow 2-qt. baking dish.
- For topping, combine the flour, sugar, baking powder and salt in a bowl; cut in butter until crumbly. Stir in milk just until moistened. Spoon over hot apricot mixture.
- Bake at 400° for 30-35 minutes or until golden brown and a toothpick inserted into the topping comes out clean.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:21.59, Inflammation Score:-10, Nutrition Score:14.187826011492%

Flavonoids

Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg Epicatechin: 10.08mg, Epicatechin: 10.08mg, Epicatechin: 10.08mg, Epicatechin: 10.08mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 254.02kcal (12.7%), Fat: 7.38g (11.36%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 39.14g (14.23%), Sugar: 22.69g (25.22%), Cholesterol: 17.49mg (5.83%), Sodium: 357.2mg (15.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Vitamin A: 4303.25IU (86.06%), Vitamin C: 21.27mg (25.78%), Fiber: 4.88g (19.53%), Potassium: 605.99mg (17.31%), Manganese: 0.32mg (16.19%), Vitamin B1: 0.24mg (15.95%), Folate: 57.51µg (14.38%), Vitamin E: 2.08mg (13.86%), Vitamin B2: 0.22mg (12.87%), Vitamin B3: 2.53mg (12.66%), Calcium: 118.48mg (11.85%), Phosphorus: 115.85mg (11.58%), Selenium: 7.79µg (11.12%), Iron: 1.92mg (10.69%), Copper: 0.2mg (10.21%), Magnesium: 29.26mg (7.32%), Vitamin K: 7.66µg (7.29%), Vitamin B5: 0.69mg (6.85%), Vitamin B6: 0.14mg (6.84%), Zinc: 0.67mg (4.46%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.49%)