



Apricot Patty-cake Cobbler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

DESSERT

Ingredients

- 0.8 teaspoon almond extract
- 6 cups apricot quarters whole (2 lb. fruit)
- 0.3 teaspoon mace (see notes)
- 0.5 teaspoon orange peel grated
- 0.8 cups powdered sugar packed (see notes)

Equipment

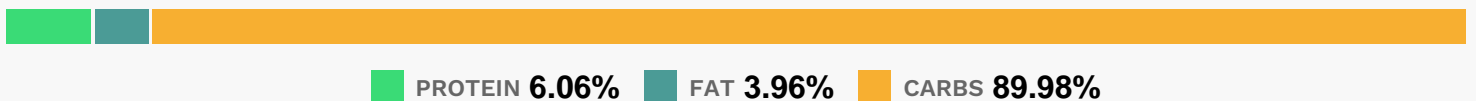
- food processor
- bowl

- oven
- aluminum foil
- spatula

Directions

- In a large bowl, with a flexible spatula, combine sugar, mace, almond extract, and orange peel.
- Add apricots and mix. Scrape mixture into a buttered shallow 1 1/2- to 2-quart casserole and spread level.
- With lightly floured hands, tear off lumps (3- to 4-tablespoon size) of the patty cake crust and pat into cakes about 1/4 inch thick; lay them as shaped over fruit, covering fairly evenly (a few gaps are fine). When all the dough is in place, press down lightly to join portions.
- Bake cobbler in a 375 regular or convection oven (if using a 1 1/2-qt. casserole, set on a large sheet of foil in case mixture boils over) until fruit is bubbling and crust is well browned, 50 to 60 minutes.
- Let stand at least 10 minutes or until cool. Scoop fruit and crust into bowls, adding more sugar to taste.
- Patty-cake Crust. In a food processor or bowl, combine 1 cup all-purpose flour; 6 tablespoons butter cut into thin slices; 1/4 cup cream cheese (2 oz.), cut into small pieces; 1/2 teaspoon grated orange peel; and 1/4 teaspoon ground mace. Whirl or rub with your fingers until mixture forms fine crumbs.
- Add 1 large egg yolk and whirl or stir until dough holds together. Press into a ball.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:5.88, Inflammation Score:-9, Nutrition Score:7.3021738892016%

Flavonoids

Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 134.75kcal (6.74%), Fat: 0.63g (0.97%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 29.19g (10.61%), Sugar: 29.06g (32.28%), Cholesterol: 0mg (0%), Sodium: 1.97mg (0.09%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 2.18g (4.36%), Vitamin A: 2986.67IU (59.73%), Vitamin C: 15.74mg (19.08%), Fiber: 3.13g (12.54%), Potassium: 403.23mg (11.52%), Vitamin E: 1.38mg (9.2%), Copper: 0.12mg (6.23%), Manganese: 0.12mg (6.12%), Vitamin K: 5.11µg (4.87%), Vitamin B3: 0.93mg (4.67%), Vitamin B6: 0.08mg (4.21%), Magnesium: 15.73mg (3.93%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.37mg (3.73%), Phosphorus: 35.81mg (3.58%), Folate: 14.06µg (3.52%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.31mg (2.1%), Calcium: 20.83mg (2.08%)