



Ashley & Whitney's Tip for Apple-Cherry Cobbler

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon apple pie spice
- ☐ 1.5 pounds cooking apples cored peeled cut into 1/2-inch slices
- ☐ 1 tablespoon butter melted
- ☐ 16 ounce cherries pitted canned
- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup granulated sugar
- ☐ 4 teaspoons quick-cooking tapioca
- ☐ 8 ounce crescent rolls refrigerated

☐ 1 tablespoon sugar

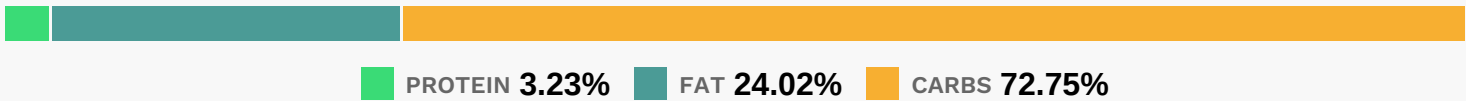
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ In a 3-1/2- or 4-quart crockery cooker stir together sugar, tapioca, and apple pie spice.
- ☐ Stir in the apple slices, undrained canned cherries, and dried cherries until combined.
- ☐ Cover; cook on low-heat setting for 6 to 7 hours or on high-setting for 3 to 3-1/2 hours.
- ☐ Spiced Triangles: In a bowl combine 1 tablespoon sugar and 1/2 teaspoon apple pie spice.
- ☐ Unroll 1 package (
- ☐ refrigerated crescent rolls. Separate triangles.
- ☐ Brush tops with 1 tablespoon melted butter and sprinkle with sugar-cinnamon mixture.
- ☐ Cut each triangle into 3 triangles.
- ☐ Place on an ungreased baking sheet.
- ☐ Bake in a 375 degree F oven for 8 to 10 minutes or until bottoms are lightly browned.
- ☐ Remove to a wire rack to cool.
- ☐ To serve, divide cherry-apple mixture among 6 to 8 shallow dessert dishes.
- ☐ Top with Spiced Triangles and ice cream or half-and-half, if desired.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:19.48, Inflammation Score:-5, Nutrition Score:4.3682608180072%

Flavonoids

Cyanidin: 24.62mg, Cyanidin: 24.62mg, Cyanidin: 24.62mg, Cyanidin: 24.62mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 12.32mg, Epicatechin: 12.32mg, Epicatechin: 12.32mg, Epicatechin: 12.32mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 369.06kcal (18.45%), Fat: 10.44g (16.07%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 71.15g (23.72%), Net Carbohydrates: 65.87g (23.95%), Sugar: 49.12g (54.58%), Cholesterol: 5.02mg (1.67%), Sodium: 314.75mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Fiber: 5.28g (21.14%), Vitamin C: 10.55mg (12.78%), Vitamin A: 526.95IU (10.54%), Potassium: 291.2mg (8.32%), Iron: 1.09mg (6.06%), Manganese: 0.12mg (5.99%), Vitamin B6: 0.08mg (4.21%), Vitamin K: 4.29µg (4.09%), Copper: 0.08mg (3.9%), Magnesium: 14.26mg (3.56%), Vitamin B2: 0.06mg (3.47%), Phosphorus: 29.11mg (2.91%), Calcium: 27.61mg (2.76%), Vitamin B1: 0.04mg (2.67%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.31mg (2.1%), Folate: 6.54µg (1.63%), Vitamin B3: 0.22mg (1.12%)