



Big Daddy's Apple Cobbler

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



516 kcal

DESSERT

Ingredients

- 2 tablespoons butter softened
- 6 servings butter for dish
- 0.3 cup confectioners' sugar
- 0.3 cup brown sugar dark
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 0.3 cup candy ginger minced
- 6 cups granny smith apples diced cored peeled

- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 pinch ground ginger
- 1 pinch ground nutmeg
- 0.5 juice of lemon juiced
- 1 pinch salt
- 0.5 cup self-rising flour
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 1 cup whipping cream chilled

Equipment

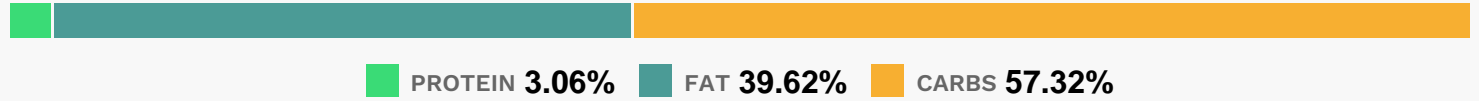
- bowl
- oven
- baking pan
- hand mixer
- wooden spoon

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Lightly butter a 9 by 9-inch baking dish.
- In a large bowl, mix together the apples, sugars, flour, cinnamon, vanilla, salt, nutmeg and lemon.
- Add the mixture to the prepared baking dish.
- Add all the topping ingredients to a medium bowl and combine well with a wooden spoon, to form a batter. Dollop the batter in various spots on top of the apple mixture. The batter will spread as it bakes.
- Put the cobbler in the oven and bake until the apples are tender and the crust is colored, about 30 minutes.

- Remove from the oven and serve with Ginger Whipped Cream.
- Add the cream and sugar to a medium bowl. Using a hand-held electric mixer, beat the cream until stiff peaks form, about 2 to 3 minutes. Fold in the ginger. Cover and chill up to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:84.03, Glycemic Load:34.24, Inflammation Score:-6, Nutrition Score:6.4669565428858%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 516.46kcal (25.82%), Fat: 23.48g (36.12%), Saturated Fat: 14.44g (90.25%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 72.8g (26.47%), Sugar: 61.55g (68.39%), Cholesterol: 92.89mg (30.96%), Sodium: 94.92mg (4.13%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 4.08g (8.17%), Vitamin A: 933.29IU (18.67%), Fiber: 3.62g (14.49%), Selenium: 8.92µg (12.75%), Manganese: 0.24mg (11.92%), Vitamin B2: 0.17mg (10.14%), Vitamin C: 7.17mg (8.7%), Phosphorus: 68.99mg (6.9%), Potassium: 232.55mg (6.64%), Vitamin E: 0.96mg (6.38%), Calcium: 54.59mg (5.46%), Vitamin D: 0.78µg (5.21%), Vitamin B6: 0.1mg (4.77%), Vitamin K: 4.86µg (4.63%), Folate: 18.27µg (4.57%), Copper: 0.09mg (4.29%), Vitamin B1: 0.06mg (4.19%), Magnesium: 16.61mg (4.15%), Vitamin B5: 0.38mg (3.82%), Iron: 0.68mg (3.78%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.15µg (2.42%), Vitamin B3: 0.46mg (2.28%)