



## Caramel Apple-Pear Cobbler With Oatmeal Muffin Crust

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

DESSERT

### Ingredients

- 1 cup brown sugar light packed
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 1.5 pounds apples i use 2 granny smith apples peeled sliced
- 8 servings oatmeal
- 1.5 pounds pears peeled sliced
- 1 halves pecans toasted

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Combine first 3 ingredients in a large bowl, stirring to coat apples.
- Melt butter in a large skillet over medium-high heat.
- Add apple mixture; bring to a boil, and cook, stirring often, 10 minutes.
- Add pears to skillet, and cook, stirring often, 5 minutes. Spoon hot fruit mixture into a lightly greased 10-inch (8-cup) deep-dish pie plate or shallow 2-quart baking dish. Spoon Oatmeal Muffin Batter evenly over fruit mixture.
- Bake at 425 for 20 to 25 minutes or until crust is golden brown.
- Garnish, if desired.
- \*2 (21-ounce) cans apple pie filling can be substituted for apples and pears. Omit brown sugar and flour. Melt butter in a large skillet over medium-high heat.
- Add pie filling, and bring to a boil; remove from heat. Proceed with recipe as directed.

## Nutrition Facts



**PROTEIN 4.28%** **FAT 20.12%** **CARBS 75.6%**

## Properties

Glycemic Index:33.03, Glycemic Load:15.21, Inflammation Score:-4, Nutrition Score:8.4756521951893%

## Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 9.6mg, Epicatechin: 9.6mg, Epicatechin: 9.6mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg,

Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## **Nutrients (% of daily need)**

Calories: 339.17kcal (16.96%), Fat: 7.94g (12.21%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 60.41g (21.97%), Sugar: 44.14g (49.05%), Cholesterol: 15.25mg (5.08%), Sodium: 59.73mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Manganese: 0.79mg (39.37%), Fiber: 6.73g (26.94%), Phosphorus: 114.96mg (11.5%), Magnesium: 45.04mg (11.26%), Selenium: 7.45µg (10.64%), Copper: 0.2mg (9.85%), Vitamin C: 7.57mg (9.18%), Potassium: 312.56mg (8.93%), Iron: 1.6mg (8.87%), Zinc: 1.32mg (8.83%), Vitamin B1: 0.13mg (8.65%), Vitamin K: 6.47µg (6.16%), Vitamin B5: 0.51mg (5.11%), Vitamin A: 244.56IU (4.89%), Folate: 19.48µg (4.87%), Calcium: 48.22mg (4.82%), Vitamin B2: 0.07mg (4.4%), Vitamin B6: 0.08mg (3.9%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.62mg (3.12%)