



Cast-Iron Apple Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups flour all-purpose divided
- ☐ 4 pounds fuji apple peeled thinly sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup buttermilk low-fat

- ☐ 0.8 teaspoon salt divided
- ☐ 0.7 cup sugar divided
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

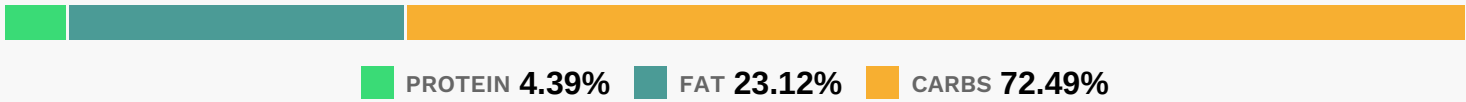
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 25 ounces (about 1/2 cup) flour, apple, 1/3 cup sugar, 2 tablespoons butter, vanilla, 1/2 teaspoon salt, cinnamon, and nutmeg in a large bowl, tossing well. Spoon into a large cast-iron Dutch oven.
- ☐ Add 1/2 cup water.
- ☐ Combine remaining 5 ounces (about 1 cup) flour, remaining 1/3 cup sugar, remaining 1/4 teaspoon salt, and baking powder in a medium bowl; cut in 1/4 cup butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir until just moist. Drop batter by tablespoonfuls over apple mixture.
- ☐ Bake at 375 for 1 hour or until bubbly and browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.41, Glycemic Load:26.49, Inflammation Score:-4, Nutrition Score:6.76217399999108%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 287.53kcal (14.38%), Fat: 7.68g (11.82%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 49.28g (17.92%), Sugar: 33.5g (37.22%), Cholesterol: 19.18mg (6.39%), Sodium: 352.23mg (15.31%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 3.28g (6.56%), Fiber: 4.93g (19.7%), Vitamin B1: 0.19mg (12.46%), Vitamin B2: 0.18mg (10.76%), Manganese: 0.21mg (10.68%), Vitamin C: 8.59mg (10.41%), Folate: 41.25µg (10.31%), Selenium: 7.01µg (10.01%), Calcium: 92.36mg (9.24%), Phosphorus: 81.35mg (8.13%), Potassium: 254.73mg (7.28%), Iron: 1.21mg (6.71%), Vitamin B3: 1.29mg (6.47%), Vitamin A: 321.39IU (6.43%), Vitamin B6: 0.09mg (4.57%), Vitamin K: 4.7µg (4.47%), Copper: 0.08mg (4.15%), Magnesium: 16.59mg (4.15%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.07µg (1.12%)