



Cherry and Apricot Cobbler

READY IN



45 min.

SERVINGS



12

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour
- ☐ 1 teaspoon almond extract
- ☐ 2 pounds apricots pitted halved
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup buttermilk chilled
- ☐ 2 pounds bing cherries fresh sweet frozen thawed pitted drained
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 12 servings whipped cream
- ☐ 0.8 cup whipping cream chilled

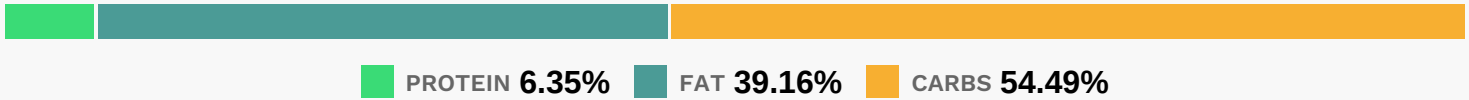
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Toss all ingredients in large bowl to blend.
- ☐ Transfer to 13 x 9 x 2-inch glass baking dish.
- ☐ Bake until filling is hot and begins to bubble at edges, about 35 minutes. Reduce oven temperature to 375°F.
- ☐ Whisk flour, 1/2 cup sugar and next 3 ingredients in another large bowl to blend.
- ☐ Add butter; rub in with fingertips until mixture resembles coarse meal. Slowly add buttermilk and cream, tossing with fork until dough comes together.
- ☐ Drop dough by rounded tablespoonfuls over hot filling to cover.
- ☐ Sprinkle with remaining 1 tablespoon sugar. Continue to bake cobbler until topping is golden and tester inserted into center of topping comes out clean, about 40 minutes. Cool 15 minutes.
- ☐ Serve cobbler warm with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:32.73, Glycemic Load:34.95, Inflammation Score:-9, Nutrition Score:13.155652274256%

Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.07mg, Catechin: 6.07mg, Catechin: 6.07mg, Catechin: 6.07mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.36mg, Epicatechin: 7.36mg, Epicatechin: 7.36mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 483.95kcal (24.2%), Fat: 21.53g (33.12%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 63.12g (22.95%), Sugar: 40.26g (44.73%), Cholesterol: 67.83mg (22.61%), Sodium: 293.47mg (12.76%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 7.85g (15.7%), Vitamin A: 2262.05IU (45.24%), Vitamin B2: 0.4mg (23.59%), Vitamin B1: 0.29mg (19.01%), Fiber: 4.28g (17.13%), Calcium: 166.98mg (16.7%), Phosphorus: 165.57mg (16.56%), Vitamin C: 13.34mg (16.17%), Selenium: 11.3µg (16.14%), Potassium: 560.33mg (16.01%), Folate: 62.41µg (15.6%), Manganese: 0.3mg (14.88%), Vitamin B3: 2.21mg (11.06%), Iron: 1.93mg (10.7%), Vitamin B5: 0.93mg (9.35%), Vitamin E: 1.31mg (8.71%), Magnesium: 33.81mg (8.45%), Copper: 0.17mg (8.29%), Vitamin B6: 0.13mg (6.6%), Zinc: 0.95mg (6.3%), Vitamin B12: 0.37µg (6.1%), Vitamin K: 5.54µg (5.28%), Vitamin D: 0.71µg (4.71%)