



Cherry-Apricot Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups apricot dried diced
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 tablespoons bourbon
- ☐ 8 servings butter
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.3 cup unbleached all purpose flour
- ☐ 1 teaspoon vanilla extract
- ☐ 43.5 ounce cherries pitted drained canned
- ☐ 8 servings whipped cream
- ☐ 0.5 cup milk whole
- ☐ 0.5 cup pastry flour whole wheat

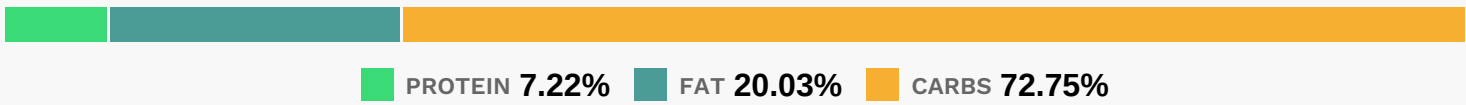
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Butter 11x7x2-inch glass baking dish.
- ☐ Combine next 5 ingredients in large bowl; toss well.
- ☐ Spread evenly in prepared dish.
- ☐ Whisk first 5 ingredients in large bowl. Stir in next 5 ingredients. Spoon topping over filling.
- ☐ Bake cobbler until topping is golden brown and juices from filling are bubbling thickly at edges, about 50 minutes.
- ☐ Serve cobbler warm with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:18.73, Inflammation Score:-8, Nutrition Score:11.259999886803%

Flavonoids

Cyanidin: 46.57mg, Cyanidin: 46.57mg, Cyanidin: 46.57mg, Cyanidin: 46.57mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 7.71mg, Epicatechin: 7.71mg, Epicatechin: 7.71mg, Epicatechin: 7.71mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 338.16kcal (16.91%), Fat: 7.78g (11.97%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 63.62g (21.21%), Net Carbohydrates: 57.6g (20.94%), Sugar: 46.65g (51.83%), Cholesterol: 63.64mg (21.21%), Sodium: 171.6mg (7.46%), Alcohol: 1.51g (100%), Alcohol %: 0.77% (100%), Protein: 6.31g (12.62%), Manganese: 0.51mg (25.74%), Vitamin A: 1236.75IU (24.74%), Fiber: 6.03g (24.11%), Potassium: 710.88mg (20.31%), Selenium: 11.28µg (16.11%), Vitamin C: 11.7mg (14.19%), Phosphorus: 137.31mg (13.73%), Vitamin B2: 0.19mg (11.44%), Copper: 0.23mg (11.36%), Iron: 2mg (11.09%), Magnesium: 40.62mg (10.15%), Vitamin E: 1.52mg (10.15%), Vitamin B1: 0.14mg (9.37%), Calcium: 93.17mg (9.32%), Vitamin B6: 0.18mg (8.88%), Vitamin B3: 1.59mg (7.94%), Vitamin B5: 0.77mg (7.75%), Folate: 27.73µg (6.93%), Zinc: 0.69mg (4.6%), Vitamin K: 4.7µg (4.47%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.44µg (2.94%)