



Chocolate Pecan Cobbler

READY IN



70 min.

SERVINGS



8

CALORIES



693 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 tablespoons caramel syrup
- ☐ 2 cups heavy cream
- ☐ 8 servings ice cream and pecans chopped for serving
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup self-rising flour
- ☐ 1.8 cups sugar divided
- ☐ 0.5 cup toffee bits

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water boiling
- ☐ 0.5 cup milk whole

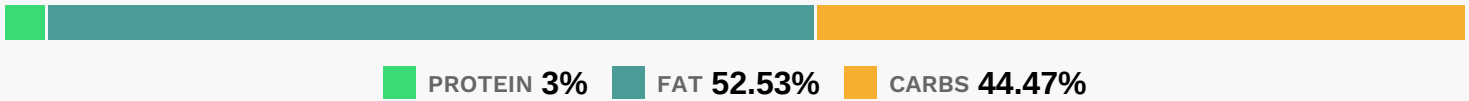
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the butter in an 8 by 8-inch baking dish and put the dish in the oven until butter is melted, about 3 to 4 minutes.
- ☐ Remove the baking dish from the oven and set aside. In a medium bowl combine 3/4 cup of the sugar, the flour, and 2 tablespoons cocoa.
- ☐ Add the milk and vanilla, whisking until smooth.
- ☐ Pour over the melted butter in the baking dish. In a separate medium bowl, combine the remaining 1 cup of sugar, remaining 4 tablespoons of cocoa, the pecans, and toffee bits; sprinkle evenly over the sugar mixture. Slowly pour boiling water over top of the cobbler.
- ☐ Bake until top of the cobbler looks set, about 40 to 50 minutes.
- ☐ Serve warm with Caramel Whipped Cream, ice cream and pecans, if desired.
- ☐ Combine the cream and sugar in a medium bowl and beat with a whisk or beater until soft peaks form.
- ☐ Add the caramel syrup, and lightly fold together.

Nutrition Facts



Properties

Glycemic Index:37.01, Glycemic Load:43.07, Inflammation Score:-6, Nutrition Score:7.4282608809678%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 692.63kcal (34.63%), Fat: 41.52g (63.88%), Saturated Fat: 23.03g (143.93%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 77.51g (28.18%), Sugar: 66.15g (73.5%), Cholesterol: 107.02mg (35.67%), Sodium: 129.81mg (5.64%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.33g (10.66%), Vitamin A: 1341.28IU (26.83%), Manganese: 0.53mg (26.52%), Selenium: 9.35µg (13.36%), Vitamin B2: 0.18mg (10.55%), Phosphorus: 105.12mg (10.51%), Copper: 0.19mg (9.39%), Calcium: 79.34mg (7.93%), Vitamin D: 1.12µg (7.47%), Vitamin E: 1.11mg (7.42%), Magnesium: 27.15mg (6.79%), Fiber: 1.59g (6.35%), Vitamin B1: 0.09mg (5.82%), Zinc: 0.81mg (5.43%), Potassium: 161.18mg (4.61%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.22µg (3.68%), Iron: 0.61mg (3.36%), Vitamin K: 3.45µg (3.29%), Vitamin B6: 0.06mg (2.78%), Folate: 10.37µg (2.59%), Vitamin B3: 0.34mg (1.7%)