



Cornbread-Apple Cobbler

READY IN



40 min.

SERVINGS



6

CALORIES



417 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 5 large apples firm cored peeled sliced (Golden Delicious or Gala)
- 0.8 cup brown sugar light packed
- 0.3 cup rum extract dark
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 teaspoon ground ginger
- 6.5 oz just-add-water cornbread mix
- 0.3 cup milk

2 tablespoons butter melted

1 eggs

Equipment

bowl

frying pan

oven

baking pan

wooden spoon

glass baking pan

Directions

Heat oven to 375°F. Grease 8-inch square or round glass baking dish with shortening or cooking spray. In 12-inch skillet, melt 2 tablespoons butter over medium-high heat. Gently stir in remaining filling ingredients with wooden spoon. Cook about 5 minutes, stirring occasionally, until apples are tender.

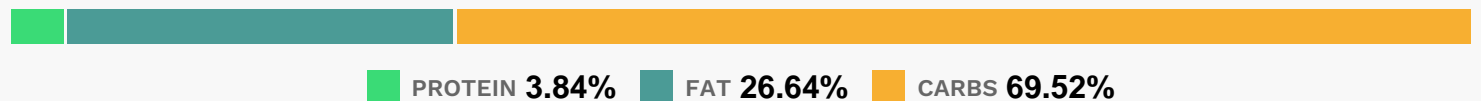
Pour into baking dish.

In medium bowl, stir together cornbread topping ingredients.

Spread over apples, covering them completely.

Bake 20 to 25 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:8.2543479463328%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg,
Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg
Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.45mg,
Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 416.8kcal (20.84%), Fat: 12.77g (19.65%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 75.01g (25%), Net
Carbohydrates: 68.42g (24.88%), Sugar: 52.98g (58.87%), Cholesterol: 29.52mg (9.84%), Sodium: 364.12mg
(15.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Fiber: 6.59g (26.36%), Phosphorus:
202.68mg (20.27%), Manganese: 0.24mg (12.18%), Vitamin B1: 0.17mg (11.66%), Vitamin B2: 0.19mg (11.05%), Vitamin
A: 531.77IU (10.64%), Vitamin C: 8.61mg (10.44%), Folate: 38.1µg (9.52%), Potassium: 306.9mg (8.77%), Calcium:
77.13mg (7.71%), Iron: 1.35mg (7.5%), Vitamin B6: 0.15mg (7.47%), Selenium: 4.61µg (6.59%), Vitamin B3: 1.26mg
(6.3%), Magnesium: 22.51mg (5.63%), Vitamin K: 5.74µg (5.47%), Vitamin E: 0.76mg (5.07%), Copper: 0.1mg
(4.86%), Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.18µg (2.92%), Zinc: 0.42mg (2.78%), Vitamin D: 0.3µg (1.97%)