



Country Cobbler

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4227 kcal

DESSERT

Ingredients

- 6 cups apples peeled thinly sliced
- 0.3 cup butter melted
- 1.5 tsp calumet baking powder
- 1 cup flour
- 0.3 tsp ground cinnamon
- 0.3 cup milk
- 2 Tbsp minute tapioca
- 0.5 tsp salt

- 1.5 cups sharp cheddar cheese shredded kraft
- 1.3 cups sugar divided
- 2.3 cups whipped cream
- 0.5 cup planters walnut pieces
- 0.3 cup water

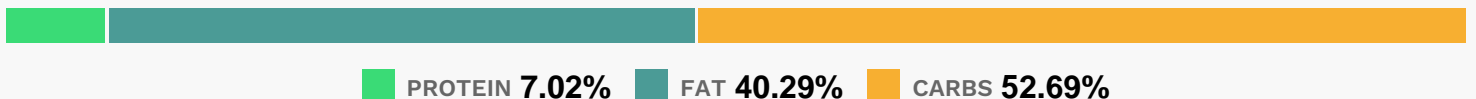
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 375F.
- Mix 1 cup of the sugar, tapioca and cinnamon in large saucepan. Gradually add water. Stir in walnuts. Bring to full boil on medium heat, stirring constantly.
- Remove from heat; stir in apples.
- Pour into 8-inch square baking dish.
- Mix remaining 1/3 cup sugar, flour, baking powder and salt in medium bowl; stir in cheese.
- Mix butter and milk.
- Add to flour mixture; stir just until moistened. Spoon over apple mixture.
- Bake 35 to 40 minutes or until golden brown. Cool. Top each serving with 1/4 cup of the ice cream.

Nutrition Facts



Properties

Glycemic Index:420.09, Glycemic Load:328.94, Inflammation Score:-10, Nutrition Score:66.786956745645%

Flavonoids

Cyanidin: 13.36mg, Cyanidin: 13.36mg, Cyanidin: 13.36mg, Cyanidin: 13.36mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 56.47mg, Epicatechin: 56.47mg, Epicatechin: 56.47mg, Epicatechin: 56.47mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 30.08mg, Quercetin: 30.08mg, Quercetin: 30.08mg, Quercetin: 30.08mg

Nutrients (% of daily need)

Calories: 4226.83kcal (211.34%), Fat: 194.67g (299.49%), Saturated Fat: 70.47g (440.46%), Carbohydrates: 572.86g (190.95%), Net Carbohydrates: 545.13g (198.23%), Sugar: 412.47g (458.3%), Cholesterol: 307.5mg (102.5%), Sodium: 4057.45mg (176.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.35g (152.7%), Calcium: 2249.71mg (224.97%), Phosphorus: 1751.82mg (175.18%), Manganese: 3.28mg (164.17%), Vitamin B2: 2.52mg (148.45%), Selenium: 101.35µg (144.79%), Vitamin A: 6172.79IU (123.46%), Fiber: 27.73g (110.93%), Vitamin B1: 1.52mg (101.4%), Folate: 359.82µg (89.96%), Zinc: 11.55mg (77.01%), Copper: 1.47mg (73.47%), Magnesium: 257.4mg (64.35%), Potassium: 2048.94mg (58.54%), Vitamin B12: 3.36µg (56%), Iron: 9.96mg (55.36%), Vitamin B6: 0.98mg (49.06%), Vitamin B3: 9.24mg (46.2%), Vitamin C: 37.22mg (45.11%), Vitamin E: 6.39mg (42.59%), Vitamin B5: 4.06mg (40.57%), Vitamin K: 23.8µg (22.67%), Vitamin D: 2.28µg (15.21%)