



Cranberry Apple Biscuit Cobbler

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



487 kcal

DESSERT

Ingredients

- 12 oz grands flaky refrigerator biscuits refrigerated canned
- 1 tablespoon cornstarch
- 1 cup cranberries fresh thaw (do not)
- 1 cup sugar
- 5 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced

Equipment

- bowl

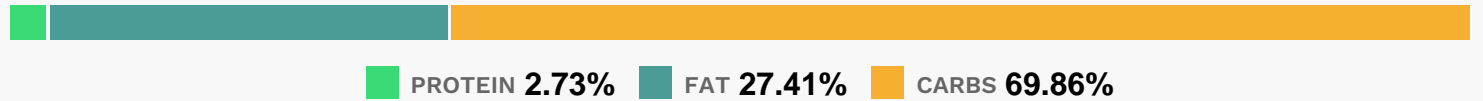
sauce pan

oven

Directions

- Heat oven to 375°F. In small bowl, mix sugar and cardamom. Reserve 2 tablespoons mixture; set aside.
- In 2-quart saucepan, stir together remaining sugar mixture, the cornstarch, apples and cranberries.
- Heat to boiling over medium heat, stirring frequently. Boil 1 minute, stirring constantly. Reduce heat; cook until apples are crisp-tender, stirring frequently.
- Pour mixture into ungreased 2-quart casserole.
- Separate dough into 10 biscuits; arrange over hot fruit mixture.
- Sprinkle with reserved sugar mixture and the almonds.
- Bake 20 to 25 minutes or until biscuits are deep golden brown and fruit mixture is bubbly.
- Serve cobbler warm with milk or half-and-half.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:50.38, Inflammation Score:-3, Nutrition Score:6.9121738827747%

Flavonoids

Cyanidin: 9.37mg, Cyanidin: 9.37mg, Cyanidin: 9.37mg, Cyanidin: 9.37mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.21mg, Peonidin: 8.21mg, Peonidin: 8.21mg, Peonidin: 8.21mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

6.65mg

Nutrients (% of daily need)

Calories: 486.68kcal (24.33%), Fat: 15.16g (23.32%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 86.97g (28.99%), Net Carbohydrates: 83.12g (30.22%), Sugar: 57.06g (63.4%), Cholesterol: 0mg (0%), Sodium: 201.98mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.34mg (17.06%), Fiber: 3.85g (15.4%), Vitamin B1: 0.22mg (14.66%), Vitamin B2: 0.21mg (12.63%), Folate: 49.22µg (12.3%), Vitamin E: 1.79mg (11.94%), Iron: 1.88mg (10.42%), Vitamin B3: 1.97mg (9.86%), Vitamin K: 9.36µg (8.92%), Vitamin C: 7.13mg (8.64%), Selenium: 3.77µg (5.38%), Phosphorus: 50.89mg (5.09%), Potassium: 175.39mg (5.01%), Vitamin B6: 0.09mg (4.62%), Copper: 0.09mg (4.57%), Magnesium: 14.19mg (3.55%), Vitamin B5: 0.28mg (2.84%), Vitamin A: 115.01IU (2.3%), Zinc: 0.34mg (2.26%), Calcium: 15.31mg (1.53%)