



Cranberry-Apple Cobbler

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



569 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.3 cup butter softened
- 1 eggs beaten
- 2 cups brown sugar packed
- 1 cup pecans toasted chopped
- 1 teaspoon ground cinnamon
- 4 large baking apples are apples that have a sweet-tart balance and hold their shape when red cored peeled sliced

12 oz cranberries fresh rinsed

Equipment

bowl

oven

blender

Directions

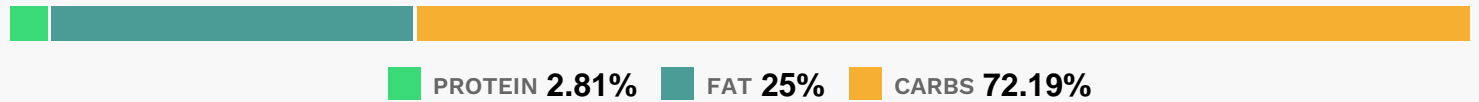
Heat oven to 400°F. Grease 2-quart casserole. In medium bowl, mix flour and granulated sugar.

Cut in butter, using fork or pastry blender, until crumbly. Stir in egg until blended.

In casserole, mix all filling ingredients. Crumble topping over fruit mixture.

Bake uncovered 25 to 30 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:27.45, Inflammation Score:-6, Nutrition Score:10.404782821303%

Flavonoids

Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg Delphinidin: 4.25mg, Delphinidin: 4.25mg, Delphinidin: 4.25mg, Delphinidin: 4.25mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 10.37mg, Epicatechin: 10.37mg, Epicatechin: 10.37mg, Epicatechin: 10.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 569.24kcal (28.46%), Fat: 16.5g (25.39%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 107.24g (35.75%), Net Carbohydrates: 101.17g (36.79%), Sugar: 86.08g (95.65%), Cholesterol: 20.46mg (6.82%), Sodium: 92.59mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.99mg (49.65%), Fiber: 6.07g (24.28%), Vitamin B1: 0.24mg (15.97%), Vitamin C: 11.26mg (13.64%), Copper: 0.27mg (13.59%), Selenium: 8.33µg (11.89%), Iron: 1.82mg (10.1%), Folate: 38.58µg (9.65%), Vitamin B2: 0.16mg (9.64%), Potassium: 311.08mg (8.89%), Phosphorus: 86.44mg (8.64%), Magnesium: 34.02mg (8.51%), Vitamin E: 1.25mg (8.3%), Vitamin A: 377.54IU (7.55%), Calcium: 75.52mg (7.55%), Vitamin B6: 0.14mg (6.92%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.54mg (5.43%), Vitamin K: 5.2µg (4.95%)