



WHATSheATE



Cranberry-Apple Cobbler with Cinnamon Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 5 rome apples peeled sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup blanched almonds and sliced
- ☐ 0.5 cup butter
- ☐ 0.8 cup buttermilk
- ☐ 4 cups cranberries fresh
- ☐ 2 cups flour all-purpose

- ☐ 3 tablespoons flour all-purpose
- ☐ 3 teaspoons ground cinnamon divided
- ☐ 0.3 cup maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups sugar divided

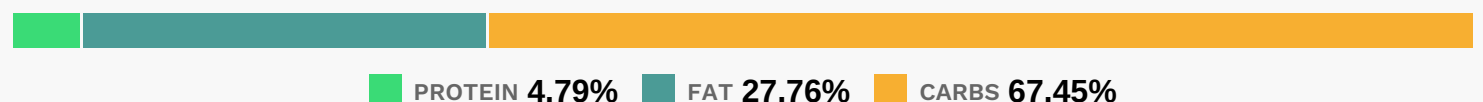
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Cook cranberries, 1 cup sugar, and maple syrup in a nonaluminum saucepan over medium heat, stirring occasionally, 8 minutes or until cranberries pop. Toss together apple and 3 tablespoons flour; add to cranberry mixture. Stir in 1 teaspoon cinnamon; cool and set aside.
- ☐ Combine 2 cups flour, remaining 1/4 cup sugar, baking powder, soda, and salt.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly; add buttermilk, stirring until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface sprinkled with 1 teaspoon cinnamon; knead 3 or 4 times.
- ☐ Pat dough to 3/4-inch thickness; cut with a 2 1/2-inch round cutter.
- ☐ Pour cranberry mixture into a 13- x 9-inch baking dish. Top with cinnamon biscuits. Stir together remaining 1 teaspoon cinnamon, sliced almonds, and 1 tablespoon sugar; sprinkle over cobbler.
- ☐ Bake at 400 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:51.48, Inflammation Score:-7, Nutrition Score:13.811739185582%

Flavonoids

Cyanidin: 25mg, Cyanidin: 25mg, Cyanidin: 25mg, Cyanidin: 25mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.6mg, Peonidin: 24.6mg, Peonidin: 24.6mg, Peonidin: 24.6mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 532.62kcal (26.63%), Fat: 16.98g (26.12%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 92.78g (30.93%), Net Carbohydrates: 86.15g (31.33%), Sugar: 56.26g (62.51%), Cholesterol: 2.47mg (0.82%), Sodium: 498.47mg (21.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.19%), Manganese: 1.04mg (51.88%), Vitamin B2: 0.48mg (28.49%), Fiber: 6.62g (26.49%), Vitamin B1: 0.33mg (21.91%), Vitamin E: 3.21mg (21.42%), Selenium: 12.9µg (18.43%), Folate: 71.39µg (17.85%), Vitamin C: 12.29mg (14.9%), Vitamin A: 638.8IU (12.78%), Phosphorus: 126.2mg (12.62%), Iron: 2.24mg (12.47%), Vitamin B3: 2.48mg (12.41%), Calcium: 116.44mg (11.64%), Magnesium: 43.2mg (10.8%), Copper: 0.2mg (9.93%), Potassium: 320.18mg (9.15%), Vitamin B6: 0.11mg (5.48%), Vitamin K: 5.41µg (5.15%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.29µg (1.95%)