



Easy Cherry Cobbler

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



369 kcal

DESSERT

Ingredients

- 0.8 cup sugar
- 0.8 cup evaporated milk (from 12-oz can)
- 1 teaspoon almond extract
- 0.5 cup butter
- 0.5 cup sugar
- 21 oz cherry pie filling canned
- 1 cup cherries dark sweet frozen thawed
- 1 serving whipped cream

1.5 cup frangelico

Equipment

bowl

sauce pan

oven

toothpicks

glass baking pan

Directions

Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish or shallow 2-quart casserole with cooking spray. In large bowl, stir topping ingredients until smooth; set aside.

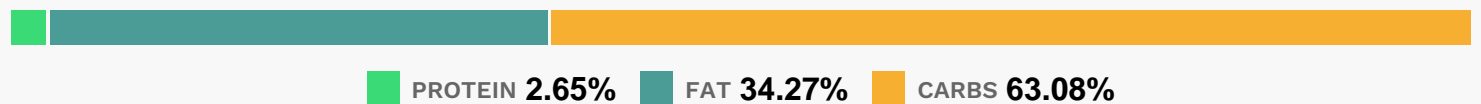
In 2-quart saucepan, melt butter over medium heat. Stir in remaining fruit mixture ingredients. Cook about 2 minutes, stirring frequently, until mixture is hot. Spoon fruit mixture into dish.

Pour topping evenly over fruit.

Bake 45 to 50 minutes or until golden brown and toothpick inserted in center comes out clean. Cool about 20 minutes before serving.

Serve warm with whipped topping or ice cream.

Nutrition Facts



Properties

Glycemic Index:27.9, Glycemic Load:23.5, Inflammation Score:-5, Nutrition Score:3.6817391216755%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 369.18kcal (18.46%), Fat: 14.3g (22%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 59.23g (19.74%), Net Carbohydrates: 58.37g (21.22%), Sugar: 37.58g (41.76%), Cholesterol: 10.48mg (3.49%), Sodium: 179.18mg (7.79%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 2.48g (4.97%), Vitamin A: 762.28IU (15.25%), Calcium: 87.27mg (8.73%), Phosphorus: 74.7mg (7.47%), Vitamin B2: 0.12mg (7.28%), Potassium: 211.76mg (6.05%), Vitamin C: 4.41mg (5.35%), Copper: 0.08mg (3.91%), Magnesium: 14.42mg (3.6%), Fiber: 0.87g (3.47%), Vitamin E: 0.51mg (3.43%), Vitamin B5: 0.29mg (2.92%), Vitamin B6: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.29mg (1.95%), Manganese: 0.04mg (1.94%), Iron: 0.31mg (1.72%), Selenium: 1.18µg (1.68%), Folate: 6.11µg (1.53%), Vitamin B12: 0.08µg (1.4%)