



Fresh Cherry Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1.8 pounds cherries fresh pitted
- ☐ 1 large egg whites lightly beaten
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons cooking tapioca uncooked
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar

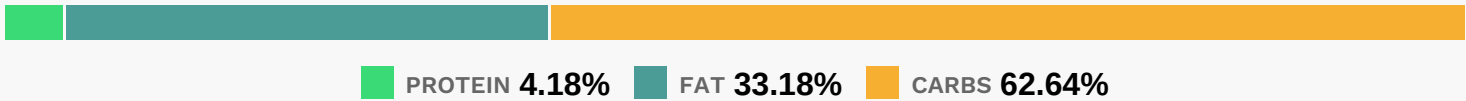
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 37
- ☐ Cut dough into 8 (9 x 1-inch) strips. Arrange dough strips in a lattice design on a baking sheet coated with cooking spray.
- ☐ Brush dough with egg white, and sprinkle evenly with 1 tablespoon sugar.
- ☐ Bake at 375 for 15 minutes or until crust is golden brown. Cool on pan, on a wire rack, 10 minutes. Carefully lift crust using 2 spatulas; cool completely on a wire rack.
- ☐ Combine cherries, 1 cup sugar, tapioca, juice, and salt.
- ☐ Let stand 15 minutes. Spoon the cherry mixture into an 8-inch baking dish coated with cooking spray. Top with butter.
- ☐ Bake at 375 for 40 minutes or until hot and bubbly.
- ☐ Place crust on top of cherry mixture.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:21.54, Inflammation Score:-3, Nutrition Score:6.133913088104%

Flavonoids

Cyanidin: 29.98mg, Cyanidin: 29.98mg, Cyanidin: 29.98mg, Cyanidin: 29.98mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg, Peonidin: 1.49mg

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Nutrients (% of daily need)

Calories: 450.72kcal (22.54%), Fat: 16.99g (26.14%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 72.17g (24.06%), Net Carbohydrates: 68.75g (25%), Sugar: 39.23g (43.58%), Cholesterol: 7.53mg (2.51%), Sodium: 283.38mg (12.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Manganese: 0.31mg (15.31%), Fiber: 3.42g (13.67%), Vitamin B1: 0.17mg (11.58%), Folate: 41.82µg (10.46%), Iron: 1.76mg (9.77%), Vitamin C: 7.67mg (9.3%), Vitamin B2: 0.15mg (8.69%), Potassium: 281.87mg (8.05%), Vitamin B3: 1.6mg (7.98%), Phosphorus: 60.72mg (6.07%), Vitamin K: 6.21µg (5.91%), Selenium: 4.05µg (5.79%), Copper: 0.1mg (5.13%), Magnesium: 19.53mg (4.88%), Vitamin B5: 0.43mg (4.27%), Vitamin B6: 0.08mg (3.82%), Vitamin A: 151.61IU (3.03%), Vitamin E: 0.4mg (2.65%), Calcium: 24.53mg (2.45%), Zinc: 0.32mg (2.11%)