



## Fresh Fruit Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

### Ingredients

- 0.8 cup apples cored peeled sliced
- 1 teaspoon double-acting baking powder
- 0.5 cup blueberries
- 2 tablespoons butter melted
- 0.5 cup cherries pitted sliced
- 1 eggs
- 1 cup flour all-purpose
- 0.3 cup milk

- 1 cup peaches fresh sliced
- 0.8 cup pears cored peeled sliced
- 0.5 cup plums pitted sliced
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.8 cup sugar white

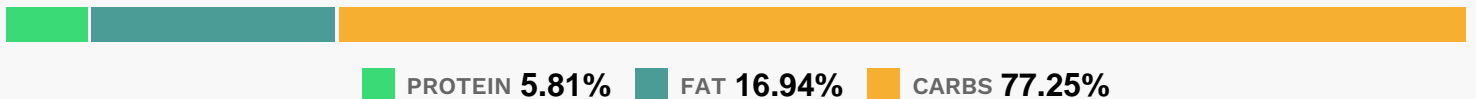
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish.
- Arrange the peaches, apple, pear, blueberries, cherries, and plums in the prepared baking dish. In a medium bowl, beat egg, sugar, and milk. In a separate bowl, sift together flour, baking powder, and salt; stir into the egg mixture. Stir in vanilla and melted butter. Cover the fruit with the batter mixture.
- Bake 30 minutes in the preheated oven. Cobbler should be bubbly and lightly browned.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:89.13, Glycemic Load:33.14, Inflammation Score:-4, Nutrition Score:6.6856521730838%

## Flavonoids

Cyanidin: 6.44mg, Cyanidin: 6.44mg, Cyanidin: 6.44mg, Cyanidin: 6.44mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 2.72mg, Peonidin: 2.72mg, Peonidin: 2.72mg,

Peonidin: 2.72mg Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 274.42kcal (13.72%), Fat: 5.32g (8.18%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 54.56g (18.19%), Net Carbohydrates: 51.88g (18.87%), Sugar: 35.37g (39.3%), Cholesterol: 38.53mg (12.84%), Sodium: 313.25mg (13.62%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 4.11g (8.21%), Selenium: 10.28µg (14.68%), Vitamin B1: 0.2mg (13.01%), Folate: 47.02µg (11.75%), Manganese: 0.23mg (11.72%), Vitamin B2: 0.19mg (10.99%), Fiber: 2.68g (10.71%), Vitamin B3: 1.63mg (8.15%), Iron: 1.43mg (7.92%), Phosphorus: 78.91mg (7.89%), Vitamin C: 5.94mg (7.2%), Calcium: 67.27mg (6.73%), Vitamin A: 331.29IU (6.63%), Vitamin K: 5.94µg (5.66%), Potassium: 177.94mg (5.08%), Copper: 0.1mg (5%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.36mg (3.62%), Magnesium: 14.21mg (3.55%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.26µg (1.72%)