



Fruit Cobblers for Two

 Gluten Free

READY IN



23 min.

SERVINGS



2

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 1 cup peach pie filling (apple, peach, cherry or blueberry)
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon butter softened
- ☐ 0.5 cup frangelico

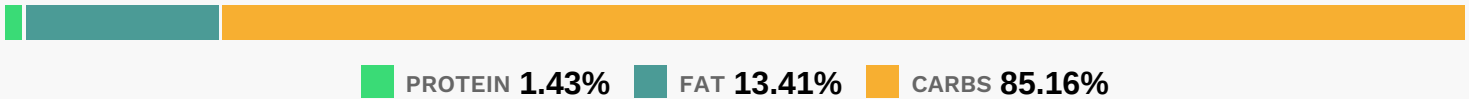
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 400°F. Divide pie filling between 2 ungreased 10-ounce custard cups.
- ☐ Stir remaining ingredients until soft dough forms. Spoon half of dough onto pie filling in each custard cup.
- ☐ Sprinkle with additional sugar if desired.
- ☐ Bake 15 to 18 minutes or until topping is light brown.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:4.45, Inflammation Score:-1, Nutrition Score:1.6091304360686%

Nutrients (% of daily need)

Calories: 168.37kcal (8.42%), Fat: 2.63g (4.05%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 36.39g (13.23%), Sugar: 23.03g (25.59%), Cholesterol: 1.8mg (0.6%), Sodium: 84.93mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Fiber: 1.18g (4.73%), Copper: 0.07mg (3.28%), Vitamin A: 142.12IU (2.84%), Vitamin C: 2.02mg (2.44%), Phosphorus: 24.01mg (2.4%), Calcium: 23.99mg (2.4%), Potassium: 76.9mg (2.2%), Vitamin B2: 0.04mg (2.1%), Iron: 0.35mg (1.92%), Manganese: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.52%), Vitamin B6: 0.03mg (1.42%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.17µg (1.1%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.24mg (1.06%)