



Gluten-Free Apple Cobbler



Dairy Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour gluten-free
- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup almond flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup dairy-free margarine melted
- ☐ 1 cup so delicious dairy free vanilla almond plus almondmilk
- ☐ 0.5 cup evaporated cane juice
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 tablespoon fresh-squeezed lemon juice
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sorghum flour
- ☐ 0.5 cup tapioca flour
- ☐ 5 cups tart apples cored peeled thinly sliced (Granny Smith, Braeburn or Jonagold)
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons xanthan gum

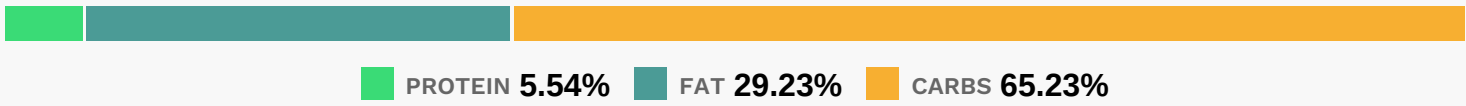
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine dry ingredients in a medium bowl.
- ☐ Combine almond milk, margarine, and vanilla extract in small bowl.Slowly add wet to dry while stirring. Do not over mix. Stir until just incorporated.Stir apples and lemon juice together.
- ☐ Add evaporated cane juice, flour, cinnamon, and extracts, and mix together.Preheat oven to 350°F.Grease an 8×8-inch baking dish.
- ☐ Pour apple mixture into prepared dish, and drop biscuit topping on top by the spoonful.
- ☐ Bake for 35–40 minutes or until cobbler is bubbly and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:7.0908695614856%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg

Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 268.51kcal (13.43%), Fat: 9.27g (14.26%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 42.19g (15.34%), Sugar: 22.08g (24.53%), Cholesterol: 0mg (0%), Sodium: 329.51mg (14.33%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 3.96g (7.91%), Fiber: 4.35g (17.4%), Vitamin E: 2.33mg (15.56%), Manganese: 0.28mg (13.81%), Calcium: 124.35mg (12.43%), Vitamin B3: 1.94mg (9.7%), Vitamin A: 428.69IU (8.57%), Phosphorus: 78.85mg (7.89%), Vitamin C: 6.45mg (7.82%), Vitamin B6: 0.15mg (7.74%), Iron: 1.26mg (7.02%), Vitamin K: 6.68µg (6.36%), Vitamin B1: 0.09mg (5.9%), Magnesium: 22.98mg (5.74%), Vitamin B2: 0.1mg (5.74%), Potassium: 187.98mg (5.37%), Vitamin B12: 0.32µg (5.31%), Folate: 19.35µg (4.84%), Copper: 0.1mg (4.77%), Selenium: 3.16µg (4.51%), Vitamin D: 0.35µg (2.36%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.2mg (1.99%)