



## Harvest Fruit Compote Cobbler



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



381 kcal

DESSERT

### Ingredients

- ☐ 1.5 lb apples peeled cut into 1/2-inch slices (3 cups)
- ☐ 1.5 lb purée of usa bartlett pear firm ripe peeled cut into 1/2-inch slices (3 cups)
- ☐ 0.5 cup apricot dried cut in half
- ☐ 0.5 cup prune- cut to pieces dried cut in half
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 cup milk

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon coarse salt
- ☐ 2 tablespoons frangelico
- ☐ 1.5 cups frangelico

## Equipment

- ☐ bowl
- ☐ oven
- ☐ spatula
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 375°F.
- ☐ In large bowl, mix compote ingredients. Spoon into ungreased 8-inch (2-quart) square glass baking dish.
- ☐ Bake uncovered 25 minutes. Meanwhile, in same bowl, mix all topping ingredients except coarse sugar, using rubber spatula or spoon, until dough forms. Drop dough by spoonfuls over top of hot compote.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake 25 to 30 minutes or until fruit is tender and topping is golden brown and baked throughout.

## Nutrition Facts



## Properties

Glycemic Index:40.58, Glycemic Load:20.12, Inflammation Score:-6, Nutrition Score:8.016521707825%

## Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 380.7kcal (19.03%), Fat: 8.58g (13.2%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 78.52g (26.17%), Net Carbohydrates: 70.41g (25.6%), Sugar: 63.38g (70.42%), Cholesterol: 1.63mg (0.54%), Sodium: 1266.72mg (55.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Fiber: 8.11g (32.44%), Vitamin A: 957.13IU (19.14%), Vitamin K: 15.93µg (15.17%), Potassium: 519.82mg (14.85%), Manganese: 0.27mg (13.58%), Vitamin C: 10.42mg (12.63%), Copper: 0.21mg (10.42%), Vitamin E: 1.18mg (7.86%), Vitamin B6: 0.14mg (6.96%), Vitamin B2: 0.12mg (6.95%), Calcium: 65.45mg (6.55%), Magnesium: 26.05mg (6.51%), Phosphorus: 59.61mg (5.96%), Iron: 0.96mg (5.34%), Vitamin B3: 0.9mg (4.48%), Vitamin B1: 0.05mg (3.38%), Vitamin B5: 0.32mg (3.18%), Folate: 12.19µg (3.05%), Zinc: 0.31mg (2.1%), Selenium: 1.02µg (1.46%), Vitamin B12: 0.08µg (1.38%)