



KK's Three Fruit Cobbler

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 3 nectarines pitted cut into bite-size pieces
- ☐ 3 tart plums pitted cut into bite-size pieces
- ☐ 0.5 pint raspberries fresh
- ☐ 0.7 cup butter unsalted cold

☐ 0.8 cup sugar white

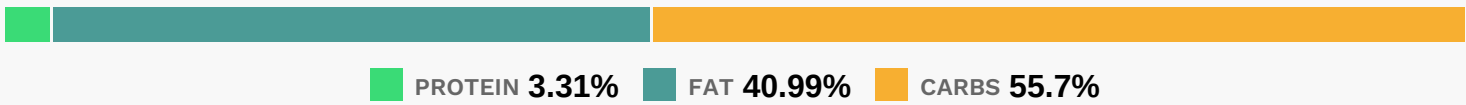
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread the nectarine and plum pieces into the bottom of a 13x9-inch baking dish.
- ☐ Sprinkle the raspberries over the fruit.
- ☐ Whisk together the flour, white sugar, brown sugar, ginger, and cinnamon in a bowl; cut the butter into the flour mixture with a pastry cutter until it resembles coarse crumbs.
- ☐ Spread the crumb mixture evenly over the fruit and raspberries.
- ☐ Bake in the preheated oven for 15 minutes, and turn the dish around in the oven for even cooking.
- ☐ Bake another 10 to 15 minutes; if crumb topping is pale, place dish under broiler for 1 to 3 minutes to brown.

Nutrition Facts



Properties

Glycemic Index:17.18, Glycemic Load:13.25, Inflammation Score:-4, Nutrition Score:3.8399999828442%

Flavonoids

Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 181.07kcal (9.05%), Fat: 8.52g (13.11%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 24.15g (8.78%), Sugar: 17.82g (19.8%), Cholesterol: 21.69mg (7.23%), Sodium: 6.3mg (0.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Manganese: 0.24mg (12.2%), Vitamin A: 397.39IU (7.95%), Fiber: 1.92g (7.66%), Vitamin C: 6.21mg (7.53%), Vitamin B1: 0.08mg (5.63%), Folate: 21.29µg (5.32%), Vitamin B3: 0.98mg (4.91%), Selenium: 3.14µg (4.48%), Vitamin E: 0.59mg (3.9%), Vitamin B2: 0.06mg (3.76%), Iron: 0.67mg (3.71%), Vitamin K: 3.4µg (3.23%), Copper: 0.06mg (3.1%), Potassium: 100.21mg (2.86%), Phosphorus: 25.9mg (2.59%), Magnesium: 9.64mg (2.41%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.21mg (1.43%), Vitamin B6: 0.03mg (1.3%), Calcium: 12.94mg (1.29%), Vitamin D: 0.15µg (1.01%)