



Pear Cobbler

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon apple pie spice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons butter chilled cut into small pieces

- ☐ 2 teaspoons butter melted
- ☐ 3 pounds pears peeled sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 0.5 cup flour whole-wheat all-purpose

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl; toss gently to coat. Spoon pear mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Combine 1/2 cup all-purpose flour and next 4 ingredients (1/2 cup all-purpose flour through salt) in a medium bowl, and cut in 2 tablespoons chilled margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add milk, and toss with a fork until flour mixture is moist.
- ☐ Drop dough by heaping tablespoons onto pear mixture.
- ☐ Brush melted margarine over dough, and sprinkle with brown sugar.
- ☐ Bake at 350 for 45 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:12.77, Inflammation Score:-4, Nutrition Score:7.7391305125278%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 253.82kcal (12.69%), Fat: 4.53g (6.96%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 47.62g (17.32%), Sugar: 32.18g (35.76%), Cholesterol: 0.46mg (0.15%), Sodium: 184.95mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Fiber: 6.34g (25.35%), Manganese: 0.48mg (23.84%), Selenium: 8.27µg (11.82%), Vitamin C: 8.08mg (9.79%), Copper: 0.19mg (9.56%), Vitamin B1: 0.14mg (9.1%), Phosphorus: 86.02mg (8.6%), Calcium: 83.85mg (8.38%), Potassium: 284.6mg (8.13%), Folate: 32.13µg (8.03%), Vitamin K: 7.69µg (7.32%), Vitamin B2: 0.12mg (7.19%), Magnesium: 27.88mg (6.97%), Iron: 1.17mg (6.51%), Vitamin B3: 1.2mg (6.01%), Vitamin A: 251.82IU (5.04%), Vitamin B6: 0.1mg (5.03%), Zinc: 0.5mg (3.36%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.25mg (2.48%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.17µg (1.12%)