



Pear-Cranberry Cobblers

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup cranberries fresh
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons vanilla yogurt
- ☐ 1 pound pears cored peeled cut into chunks

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup irish oats
- ☐ 0.3 cup flour whole-wheat

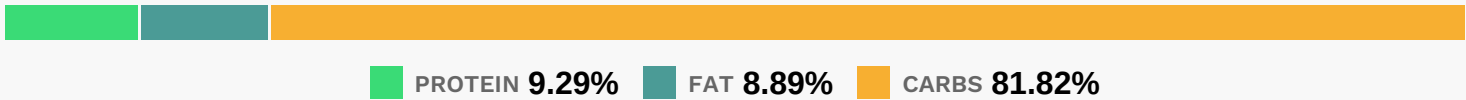
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Heat oven to 375°.
- ☐ Place four 8-ounce ramekins on a rimmed baking sheet and coat each with cooking spray.
- ☐ Place oats in a bowl and stir in 3 tablespoons boiling water; cover and steep about 10 minutes. Divide pears and cranberries among ramekins.
- ☐ Mix next 5 ingredients in a bowl. Stir egg and sugar into oats; add flour mixture and yogurt. Stir but don't overmix. Spoon batter over fruit and spray tops with cooking spray.
- ☐ Bake until topping browns and puffs, about 45 minutes.
- ☐ Serve warm.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:12.24, Inflammation Score:-3, Nutrition Score:7.8204348294631%

Flavonoids

Cyanidin: 13.94mg, Cyanidin: 13.94mg, Cyanidin: 13.94mg, Cyanidin: 13.94mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg,

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Nutrients (% of daily need)

Calories: 244.07kcal (12.2%), Fat: 2.53g (3.89%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 45.6g (16.58%), Sugar: 26.93g (29.92%), Cholesterol: 41.42mg (13.81%), Sodium: 241.74mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Manganese: 0.57mg (28.55%), Fiber: 6.82g (27.28%), Selenium: 10.22µg (14.6%), Vitamin C: 8.46mg (10.25%), Iron: 1.61mg (8.92%), Phosphorus: 83.43mg (8.34%), Vitamin B2: 0.14mg (8.01%), Copper: 0.16mg (8.01%), Potassium: 241.48mg (6.9%), Magnesium: 25.23mg (6.31%), Folate: 24.79µg (6.2%), Vitamin B1: 0.09mg (6.16%), Vitamin K: 6.44µg (6.13%), Calcium: 57.03mg (5.7%), Vitamin B6: 0.11mg (5.49%), Vitamin B5: 0.43mg (4.34%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.64mg (4.26%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.15µg (2.52%), Vitamin A: 107.8IU (2.16%), Vitamin D: 0.22µg (1.47%)