



## Pear-Ginger Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

### Ingredients

- ☐ 8 servings ginger-almond topping
- ☐ 8 large anjou pears green red sliced
- ☐ 0.5 cup apple cider
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup maple syrup
- ☐ 3 tablespoons butter
- ☐ 8 servings whipped cream

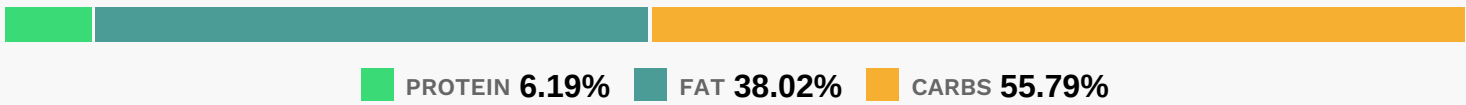
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Toss together pears and lemon juice.
- ☐ Whisk together apple cider and next 5 ingredients in a large bowl; add pears, tossing to coat.
- ☐ Pour mixture into a 2-quart baking dish; dot with butter.
- ☐ Spread Ginger-Almond Topping over mixture; sprinkle with granulated sugar.
- ☐ Bake at 350 for 45 to 50 minutes or until golden.
- ☐ Serve with whipped cream; sprinkle with crystallized ginger, if desired.

## Nutrition Facts



## Properties

Glycemic Index:49.89, Glycemic Load:19.67, Inflammation Score:-6, Nutrition Score:17.020869722833%

## Flavonoids

Cyanidin: 5.48mg, Cyanidin: 5.48mg, Cyanidin: 5.48mg, Cyanidin: 5.48mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 465.36kcal (23.27%), Fat: 20.93g (32.21%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 69.12g (23.04%), Net Carbohydrates: 58g (21.09%), Sugar: 47.47g (52.75%), Cholesterol: 4.56mg (1.52%), Sodium: 57.05mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Manganese: 1.33mg (66.65%), Vitamin E: 8.17mg (54.47%), Fiber: 11.12g (44.47%), Vitamin B2: 0.68mg (39.78%), Magnesium: 104.4mg (26.1%), Copper: 0.51mg (25.41%), Phosphorus: 182.37mg (18.24%), Potassium: 574.27mg (16.41%), Calcium: 141.01mg (14.1%), Vitamin C: 11.5mg (13.93%), Vitamin K: 10.32µg (9.83%), Iron: 1.73mg (9.63%), Zinc: 1.36mg (9.04%), Folate: 33.85µg (8.46%), Vitamin B1: 0.12mg (8.27%), Vitamin B3: 1.61mg (8.07%), Vitamin B6: 0.12mg (5.96%), Vitamin A: 287.87IU (5.76%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.31mg (3.06%)