



Pineapple Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup flour all-purpose
- 0.8 cup milk
- 20 oz pineapple chunks in juice drained canned
- 1 pinch salt
- 1 cup sugar
- 0.3 lb butter unsalted melted
- 1 teaspoon vanilla extract

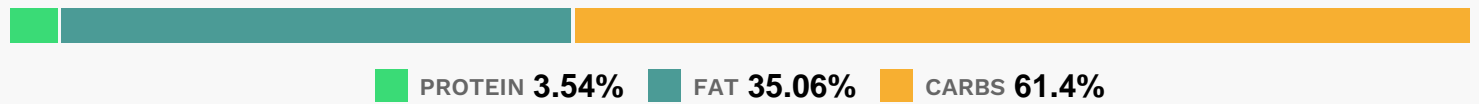
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375F. In a bowl, mix flour, salt, sugar, baking powder, milk and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
- Spread batter evenly in a 9-by-13-inch baking dish (it will be a very thin layer) and scatter pineapple chunks evenly over batter.
- Bake until pineapple has fallen to bottom of pan and top is puffed and golden brown and springs back slightly when touched in middle, 25 minutes. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:26.86, Inflammation Score:-4, Nutrition Score:5.6673913053844%

Nutrients (% of daily need)

Calories: 313.24kcal (15.66%), Fat: 12.54g (19.29%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 48.06g (17.48%), Sugar: 36.27g (40.3%), Cholesterol: 33.22mg (11.07%), Sodium: 175.41mg (7.63%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 2.85g (5.69%), Vitamin B1: 0.21mg (13.9%), Calcium: 133.67mg (13.37%), Selenium: 6.31µg (9.01%), Vitamin A: 426.72IU (8.53%), Folate: 32.56µg (8.14%), Phosphorus: 81.24mg (8.12%), Vitamin C: 6.66mg (8.08%), Vitamin B2: 0.13mg (7.86%), Iron: 1.1mg (6.14%), Vitamin B3: 1.16mg (5.78%), Manganese: 0.11mg (5.52%), Fiber: 1.35g (5.38%), Copper: 0.1mg (5.15%), Magnesium: 17.56mg (4.39%), Potassium: 143.86mg (4.11%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.15µg (2.46%), Vitamin E: 0.36mg (2.43%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.17mg (1.7%), Vitamin K: 1.6µg (1.53%)