



## Pinwheel Apple Cobbler

READY IN



80 min.

SERVINGS



10

CALORIES



412 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 2 cups sugar
- 2 cups water
- 1.5 cups self raising flour
- 0.5 cup shortening
- 0.3 cup milk
- 2 cups apples peeled finely chopped (2 medium)
- 1 teaspoon ground cinnamon

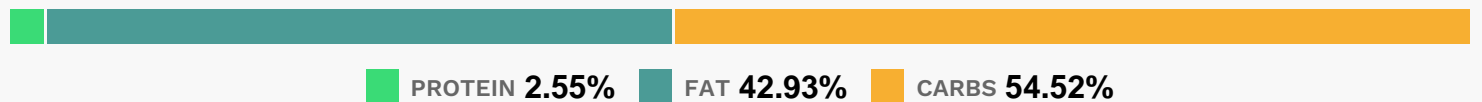
## Equipment

- bowl
- sauce pan
- oven
- blender
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F.
- Place butter in 13x9-inch (3-quart) glass baking dish; place in oven to melt. In 2-quart saucepan, mix sugar and water.
- Heat over medium heat, stirring frequently, until sugar dissolves. Set aside.
- Place flour in medium bowl. With pastry blender or fork, cut in shortening until mixture looks like coarse crumbs.
- Add milk; stir with fork just until mixture begins to pull away from side of bowl.
- On lightly floured surface, knead dough just until smooth.
- Roll out dough to 12x10x1/4-inch rectangle.
- In medium bowl, gently stir apples and cinnamon until coated.
- Sprinkle apples evenly over dough. Beginning with long side, roll up jelly-roll fashion.
- Cut into 16 slices, each about 1/2 inch thick. Arrange slices in baking dish over melted butter.
- Pour sugar syrup carefully around and over rolls. (This looks like too much liquid, but crust will absorb it.)
- Bake 40 to 45 minutes or until golden brown. Cool 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.21, Glycemic Load:37.79, Inflammation Score:-3, Nutrition Score:3.2726086870484%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 412.28kcal (20.61%), Fat: 20.13g (30.97%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 57.53g (19.18%), Net Carbohydrates: 56.38g (20.5%), Sugar: 42.97g (47.75%), Cholesterol: 0.98mg (0.33%), Sodium: 113.94mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Selenium: 7.84µg (11.21%), Manganese: 0.19mg (9.71%), Vitamin A: 433.63IU (8.67%), Vitamin E: 1.11mg (7.39%), Vitamin K: 6.15µg (5.85%), Fiber: 1.16g (4.62%), Phosphorus: 31.89mg (3.19%), Copper: 0.05mg (2.6%), Vitamin B2: 0.04mg (2.4%), Calcium: 21.65mg (2.16%), Vitamin B5: 0.21mg (2.08%), Magnesium: 7.85mg (1.96%), Potassium: 64.13mg (1.83%), Vitamin B1: 0.03mg (1.8%), Folate: 7.06µg (1.77%), Zinc: 0.22mg (1.43%), Vitamin C: 1.18mg (1.43%), Iron: 0.24mg (1.35%), Vitamin B6: 0.02mg (1.18%), Vitamin B3: 0.22mg (1.12%)