



Plum Cobbler With Spiced Plum Muffin Crust

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 servings spiced plum muffin batter
- ☐ 3 pounds plums sliced
- ☐ 0.8 cup sugar

Equipment

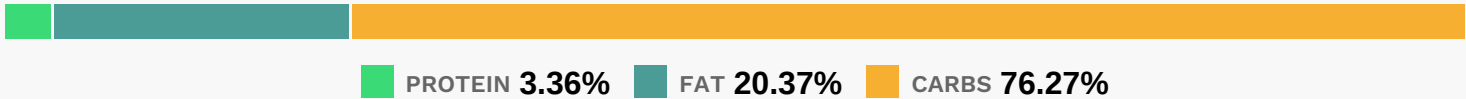
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss together first 3 ingredients in a large bowl.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add plum mixture to skillet; bring to a boil, and cook, stirring often, 5 minutes. Spoon hot plum mixture into a lightly greased, shallow 2-quart baking dish. Spoon Spiced Plum Muffin Batter evenly over hot plum mixture.
- ☐ Bake at 400 for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:26.54, Inflammation Score:-8, Nutrition Score:8.4913044630185%

Flavonoids

Cyanidin: 18.08mg, Cyanidin: 18.08mg, Cyanidin: 18.08mg, Cyanidin: 18.08mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 9.28mg, Catechin: 9.28mg, Catechin: 9.28mg, Catechin: 9.28mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 2.44mg, Epicatechin 3-gallate: 2.44mg, Epicatechin 3-gallate: 2.44mg, Epicatechin 3-gallate: 2.44mg Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 277.58kcal (13.88%), Fat: 6.73g (10.35%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 52.17g (18.97%), Sugar: 50.57g (56.19%), Cholesterol: 15.25mg (5.08%), Sodium: 45.84mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 30.5mg (36.97%), Vitamin A: 1285.06IU (25.7%), Vitamin K: 21.05µg (20.05%), Fiber: 4.55g (18.18%), Potassium: 508.21mg (14.52%), Copper: 0.19mg (9.35%), Manganese: 0.18mg (9.03%), Vitamin B3: 1.45mg (7.26%), Vitamin B1: 0.1mg (7%), Vitamin E: 1mg (6.67%), Vitamin B2: 0.1mg (5.81%), Magnesium: 23.03mg (5.76%), Phosphorus: 55.1mg (5.51%), Folate: 19.7µg (4.92%), Vitamin B6: 0.09mg (4.71%), Vitamin B5: 0.45mg (4.49%), Iron: 0.64mg (3.58%), Zinc: 0.34mg (2.28%), Calcium: 21.44mg (2.14%), Selenium: 0.82µg (1.17%)