



Plum, orange & almond cobbler

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



600 kcal

DESSERT

Ingredients

- ☐ 1.5 kg plums ripe halved (14)
- ☐ 100 g brown sugar
- ☐ 1 tbsp flour plain
- ☐ 1 cinnamon sticks
- ☐ 2 orange zest
- ☐ 50 g almond flour
- ☐ 300 g self raising flour
- ☐ 0.3 tsp salt

- ☐ 1 tsp double-acting baking powder
- ☐ 85 g butter cold cut into cubes
- ☐ 4 tbsp brown sugar
- ☐ 150 g yogurt
- ☐ 4 tbsp milk
- ☐ 1 tsp vanilla extract
- ☐ 1 handful almonds flaked

Equipment

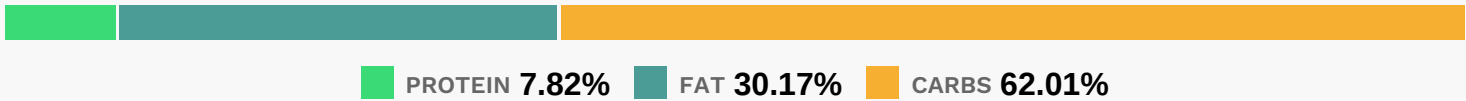
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix plums, sugar, 1 tbsp flour and cinnamon in a large baking dish. Splash over the orange juice, cover with foil, then bake for 30 mins until the fruit has softened.
- ☐ Mix the ground almonds, zest and flour with the salt and baking powder in a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle. Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop. The mix should be stiffish but spoonable.
- ☐ Take the plums from the oven, uncover, then top with 6 big spoonfuls of batter. Scatter with flaked almonds and a little sugar.

Bake for 30–35 mins until topping is golden and the fruit bubbles underneath. Scatter with more caster sugar to serve.

Nutrition Facts



Properties

Glycemic Index:65.78, Glycemic Load:34.5, Inflammation Score:-8, Nutrition Score:15.144348025322%

Flavonoids

Cyanidin: 14.2mg, Cyanidin: 14.2mg, Cyanidin: 14.2mg, Cyanidin: 14.2mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 8.03mg, Epicatechin: 8.03mg, Epicatechin: 8.03mg, Epicatechin: 8.03mg Epicatechin 3–gallate: 1.9mg, Epicatechin 3–gallate: 1.9mg, Epicatechin 3–gallate: 1.9mg, Epicatechin 3–gallate: 1.9mg Epigallocatechin 3–gallate: 1mg, Epigallocatechin 3–gallate: 1mg, Epigallocatechin 3–gallate: 1mg, Epigallocatechin 3–gallate: 1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 600.38kcal (30.02%), Fat: 20.8g (32%), Saturated Fat: 8.64g (54.02%), Carbohydrates: 96.18g (32.06%), Net Carbohydrates: 89.2g (32.44%), Sugar: 51.15g (56.83%), Cholesterol: 34.91mg (11.64%), Sodium: 292.78mg (12.73%), Alcohol: 0.24g (100%), Alcohol %: 0.08% (100%), Protein: 12.13g (24.25%), Manganese: 0.77mg (38.49%), Vitamin C: 29.34mg (35.56%), Selenium: 21.72µg (31.02%), Fiber: 6.98g (27.91%), Vitamin A: 1277.05IU (25.54%), Calcium: 177.53mg (17.75%), Phosphorus: 170.19mg (17.02%), Vitamin E: 2.5mg (16.69%), Potassium: 582.65mg (16.65%), Vitamin K: 17.41µg (16.58%), Copper: 0.31mg (15.35%), Magnesium: 52mg (13%), Vitamin B2: 0.22mg (12.75%), Iron: 1.79mg (9.95%), Vitamin B1: 0.15mg (9.91%), Vitamin B3: 1.91mg (9.53%), Folate: 37.14µg (9.29%), Vitamin B5: 0.79mg (7.9%), Zinc: 1.07mg (7.13%), Vitamin B6: 0.13mg (6.56%), Vitamin B12: 0.17µg (2.84%)