



Rhubarb and Strawberry Cobbler

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- 2 teaspoons ground cinnamon
- 1 teaspoon juice of lemon
- 18 ounce sugar cookie dough refrigerated
- 8 cups rhubarb fresh chopped ()
- 21 ounce strawberry pie filling canned
- 0.3 cup sugar white

Equipment

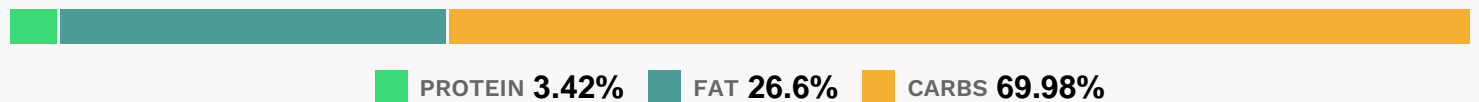
- baking sheet

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place 8 large custard cups onto a baking sheet.
- Chop the chilled cookie dough into 1/4 inch cubes and set aside.
- Mix the rhubarb with the sugar, cinnamon, and lemon juice. Fill each of the custard cups half full with the rhubarb mixture.
- Spoon the strawberry pie filling over the rhubarb. Arrange the cubed cookie dough on top of the filling. Leave some open spaces between the cubes, so that the filling does not overflow when baking. There may be some cookie dough left over.
- Bake in the preheated oven until the dough is fully cooked and starting to brown around the edges, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:6.26, Inflammation Score:-3, Nutrition Score:9.8008696858002%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 433.49kcal (21.67%), Fat: 12.7g (19.54%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 75.22g (25.07%), Net Carbohydrates: 71.31g (25.93%), Sugar: 48.73g (54.14%), Cholesterol: 7.02mg (2.34%), Sodium: 208.14mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 41.52µg (39.54%), Vitamin C: 25.78mg (31.25%), Manganese: 0.52mg (26.17%), Fiber: 3.91g (15.63%), Calcium: 132.64mg (13.26%), Potassium: 448.09mg (12.8%), Phosphorus: 125.25mg (12.52%), Folate: 48.88µg (12.22%), Vitamin B1: 0.16mg (10.36%), Iron: 1.81mg (10.05%), Vitamin B3: 1.91mg (9.56%), Vitamin B2: 0.12mg (6.84%), Magnesium: 19.44mg (4.86%), Selenium: 3.39µg (4.84%), Vitamin E: 0.46mg (3.09%), Vitamin A: 149.55IU (2.99%), Vitamin B5: 0.26mg (2.63%), Copper:

0.05mg (2.58%), Vitamin B6: 0.04mg (2.12%), Zinc: 0.29mg (1.9%)