



Sour Cream Apple Cobbler

 Vegetarian

READY IN



48 min.

SERVINGS



6

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 1 cup apple juice unsweetened
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter cold cut into small pieces
- ☐ 1 cup flour all-purpose
- ☐ 6 medium granny smith apples peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 0.7 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 tablespoons splenda® no calorie sweetener
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup skim milk
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Coat an 8-inch square baking dish with cooking spray; set aside.
- ☐ Whisk together SPLENDA® Granulated Sweetener, flour, cinnamon, apple juice, lemon juice, and lemon zest in a medium bowl; set aside.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; add apples and cook, stirring often, until softened, 8 minutes. Stir in apple juice mixture and bring to a boil; stir in raisins, if desired. Spoon apple mixture into prepared baking dish.
- ☐ Combine flour, SPLENDA® Granulated Sweetener, baking powder, baking soda, and salt in the bowl of a food processor; add butter and pulse until mixture resembles coarse meal.
- ☐ Transfer mixture to a medium bowl; stir in the sour cream, milk, and vanilla. Drop dough by spoonfuls onto the apple mixture; bake 25 minutes or until topping is lightly browned.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 5.42%**  **FAT 27.41%**  **CARBS 67.17%**

Properties

Glycemic Index:63, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:7.7769565426785%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 15.65mg, Epicatechin: 15.65mg, Epicatechin: 15.65mg, Epicatechin: 15.65mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 284.48kcal (14.22%), Fat: 8.97g (13.8%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 44.31g (16.11%), Sugar: 24.5g (27.23%), Cholesterol: 24.3mg (8.1%), Sodium: 297.85mg (12.95%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 3.99g (7.98%), Fiber: 5.15g (20.58%), Vitamin B1: 0.22mg (14.69%), Manganese: 0.27mg (13.4%), Vitamin C: 10.38mg (12.58%), Vitamin B2: 0.2mg (12.06%), Folate: 47.36µg (11.84%), Selenium: 8.18µg (11.69%), Potassium: 336.62mg (9.62%), Calcium: 90.53mg (9.05%), Phosphorus: 83.85mg (8.39%), Vitamin A: 379.08IU (7.58%), Vitamin B3: 1.47mg (7.34%), Iron: 1.31mg (7.28%), Vitamin B6: 0.1mg (5.23%), Magnesium: 20.14mg (5.04%), Vitamin K: 4.74µg (4.51%), Copper: 0.09mg (4.51%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.18µg (2.97%), Zinc: 0.41mg (2.75%), Vitamin B5: 0.27mg (2.72%), Vitamin D: 0.16µg (1.09%)