

Stone Fruit Cobbler

 Vegetarian

READY IN



295 min.

SERVINGS



12

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 tablespoons butter
- ☐ 2 teaspoons milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 tablespoons ice water

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 pound peaches pitted cut into 1/2-inch-thick slices
- ☐ 2.5 pounds plums red pitted cut into 1/2-inch-thick slices
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

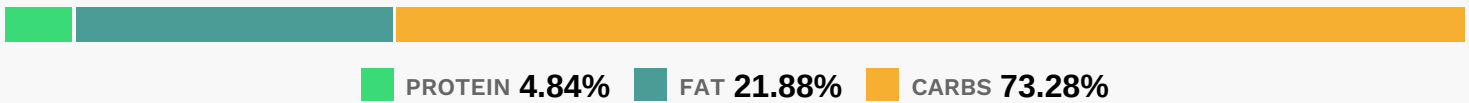
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon 9 ounces flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, 1 tablespoon sugar, and 1/2 teaspoon salt in a bowl; cut in 6 tablespoons butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Sprinkle surface with juice and ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball). Gently press two-thirds of dough into a 4-inch circle on plastic wrap, and cover. Press remaining dough into a 4-inch circle on plastic wrap, and cover. Chill 3 hours or overnight.
- ☐ Preheat the oven to 42
- ☐ Place a foil-lined baking sheet on middle rack.

- ☐ To prepare filling, combine 1 1/4 cups sugar and next 4 ingredients (through allspice) in a small bowl, stirring with a whisk.
- ☐ Combine plums and peaches in a large bowl; sprinkle flour mixture over plum mixture.
- ☐ Drizzle with vanilla and melted butter; toss gently.
- ☐ Working with large portion, roll dough out on a lightly floured surface into a 13 x 9-inch rectangle. Fit into a 2-quart glass or ceramic baking dish coated with cooking spray. Spoon plum mixture into crust.
- ☐ Roll the remaining portion of dough into an 11 x 7-inch rectangle.
- ☐ Cut dough lengthwise into 1/2-inch-thick strips; arrange strips in a lattice design over plum mixture. Seal dough strips around edges of crust. Lightly brush strips with milk; sprinkle evenly with remaining 1 tablespoon sugar.
- ☐ Place baking dish on preheated pan; bake at 425 for 20 minutes.
- ☐ Reduce oven temperature to 375 (do not remove cobbler from oven).
- ☐ Bake for 50 minutes or until crust is golden and filling is bubbly. Cool at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:48.95, Glycemic Load:33.81, Inflammation Score:-6, Nutrition Score:7.0982608638056%

Flavonoids

Cyanidin: 6.05mg, Cyanidin: 6.05mg, Cyanidin: 6.05mg, Cyanidin: 6.05mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg Epicatechin 3-gallate: 0.72mg, Epicatechin 3-gallate: 0.72mg, Epicatechin 3-gallate: 0.72mg, Epicatechin 3-gallate: 0.72mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 292.94kcal (14.65%), Fat: 7.34g (11.29%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 52.71g (19.17%), Sugar: 34.51g (38.35%), Cholesterol: 17.58mg (5.86%), Sodium: 155.69mg (6.77%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.65g (7.31%), Vitamin B1: 0.23mg (15.33%), Selenium: 9.36µg (13.37%), Vitamin C: 10.87mg (13.17%), Folate: 52.49µg (13.12%), Vitamin A: 655.39IU (13.11%), Manganese: 0.25mg (12.26%), Vitamin B3: 2.16mg (10.79%), Fiber: 2.58g (10.33%), Vitamin B2: 0.17mg (9.77%), Iron: 1.45mg (8.05%), Vitamin K: 7.83µg (7.45%), Potassium: 226.42mg (6.47%), Copper: 0.12mg (6.13%), Phosphorus: 53.14mg (5.31%), Vitamin E: 0.73mg (4.85%), Magnesium: 15.64mg (3.91%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.37mg (2.47%), Vitamin B6: 0.05mg (2.45%), Calcium: 14.85mg (1.49%)