



Sweet Potato-Apple Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



447 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 0.5 cup butter divided
- 3 tablespoons flour all-purpose
- 2 granny smith apples peeled thinly sliced
- 0.5 cup granulated sugar
- 2 teaspoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 1.5 cups orange juice
- 1 cup pecans toasted chopped
- 15 ounce piecrusts refrigerated
- 0.3 teaspoon salt
- 4 medium size sweet potatoes

Equipment

- baking sheet
- oven
- baking pan
- aluminum foil
- cookie cutter
- microwave
- measuring cup
- cutting board

Directions

- Pierce sweet potatoes several times with a fork, and place on an aluminum foil-lined baking sheet.
- Bake at 400 for 1 hour or until done; cool slightly. Peel and cut crosswise into 1/4-inch-thick slices.
- Place apple slices in an even layer in a lightly greased 13- x- 9-inch baking dish; top with sweet potato slices.
- Stir together 1 1/2 cups orange juice and next 6 ingredients.
- Pour over sweet potato mixture. Dot with 6 tablespoons butter.
- Sprinkle 1/2 cup chopped pecans on a cutting board. Unfold 1 piecrust, and place on pecans; gently roll piecrust dough into pecans.
- Cut with a leaf-shaped cookie cutter; place leaves over sweet potato mixture. Repeat procedure with remaining 1/2 cup chopped pecans and piecrust.

- Microwave remaining 2 tablespoons butter in a 1-cup glass measuring cup at HIGH 20 to 30 seconds or until melted.
- Brush butter over crust, and sprinkle with 2 teaspoons granulated sugar.
- Bake at 400 for 45 minutes or until golden.
- Serve warm with Bourbon Whipped Cream, if desired.

Nutrition Facts

PROTEIN 4.2%

FAT 46.58%

CARBS 49.22%

Properties

Glycemic Index:36.85, Glycemic Load:17.6, Inflammation Score:-10, Nutrition Score:14.503913056591%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 446.54kcal (22.33%), Fat: 23.61g (36.32%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 51.21g (18.62%), Sugar: 22.71g (25.24%), Cholesterol: 0mg (0%), Sodium: 326.05mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Vitamin A: 11109.97IU (222.2%), Manganese: 0.81mg (40.33%), Vitamin C: 18.83mg (22.82%), Fiber: 4.91g (19.65%), Vitamin B1: 0.26mg (17.67%), Copper: 0.28mg (13.87%), Potassium: 432.71mg (12.36%), Folate: 48.91µg (12.23%), Vitamin B6: 0.22mg (11.14%), Magnesium: 41.3mg (10.33%), Iron: 1.84mg (10.23%), Phosphorus: 99.21mg (9.92%), Vitamin B5: 0.92mg (9.24%), Vitamin B2: 0.15mg (8.81%), Vitamin B3: 1.75mg (8.77%), Vitamin E: 0.85mg (5.66%), Zinc: 0.84mg (5.62%), Selenium: 3.6µg (5.14%), Calcium: 48.88mg (4.89%), Vitamin K: 4.99µg (4.75%)