

Warm Apple Cinnamon Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



249 kcal

DESSERT

Ingredients

- 4 apples cored peeled sliced
- 1 teaspoon double-acting baking powder
- 0.5 cup lowfat buttermilk
- 0.3 cup canola oil
- 2 tablespoons cornstarch
- 2 teaspoons ground cinnamon
- 1 tablespoon honey
- 1 cup water

1 cup pastry flour whole wheat

Equipment

sauce pan

oven

casserole dish

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large saucepan over medium heat, combine the apples, water, cinnamon, cornstarch and fructose. Cook until apples are soft and mixture is thickened, about 10 minutes.

Pour the apple mixture into a casserole dish.

Prepare biscuit dough by combining the whole-wheat pastry flour and baking powder.

Add the oil and stir until well mixed.

Add the honey and buttermilk; stir with a fork until flour mixture is moist.

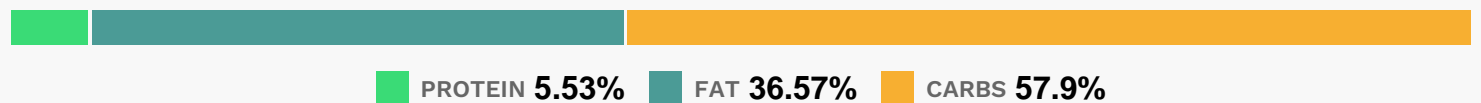
Add additional milk if necessary.

Drop biscuit dough by tablespoons on top of apples.

Bake for 20 minutes or until biscuits are golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:6.41, Inflammation Score:-3, Nutrition Score:9.1652172441068%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 248.8kcal (12.44%), Fat: 10.71g (16.48%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 32.72g (11.9%), Sugar: 16.56g (18.41%), Cholesterol: 2.2mg (0.73%), Sodium: 95.7mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Manganese: 0.98mg (48.87%), Fiber: 5.44g (21.75%), Selenium: 13.22µg (18.89%), Vitamin E: 2.02mg (13.49%), Phosphorus: 117.27mg (11.73%), Vitamin K: 9.97µg (9.5%), Magnesium: 36.59mg (9.15%), Vitamin B1: 0.13mg (8.7%), Calcium: 84.38mg (8.44%), Vitamin B6: 0.14mg (7.01%), Vitamin C: 5.62mg (6.82%), Potassium: 234.33mg (6.7%), Copper: 0.13mg (6.55%), Vitamin B2: 0.1mg (5.91%), Iron: 1.03mg (5.71%), Vitamin B3: 1.13mg (5.66%), Zinc: 0.67mg (4.47%), Folate: 13.55µg (3.39%), Vitamin B5: 0.28mg (2.75%), Vitamin A: 102.29IU (2.05%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%)