



Warm Apple Cobbler

READY IN



105 min.

SERVINGS



10

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 3 large apples cored peeled cut into 1/2-inch-thick slices (4 cups)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.3 cup brown sugar packed ()
- ☐ 4 medium apples i use 2 granny smith apples cored peeled cut into 1/2-inch-thick slices (5 1/2 cups)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1.3 cups sugar
- ☐ 6 tablespoons butter unsalted cooled melted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 10 servings whipped cream
- ☐ 3 tablespoons miso white

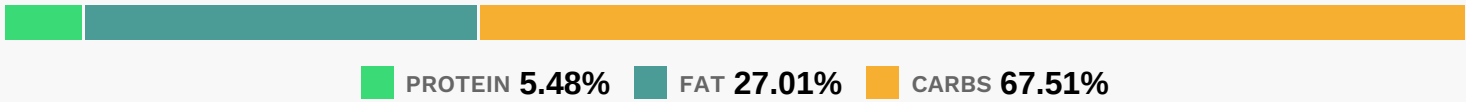
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Butter 13 x 9 x 2-inch glass baking dish. Toss first 5 ingredients in large bowl.
- ☐ Add sugar, flour, and cinnamon; toss to combine.
- ☐ Transfer to baking dish.
- ☐ Whisk butter, miso, and eggs in medium bowl until smooth.
- ☐ Combine flour, sugar, baking powder, cinnamon, and ginger in large bowl. Form well in center of flour mixture and add butter mixture. Using rubber spatula, toss until large clumps form.
- ☐ Using fingertips, break up streusel clumps into smaller pieces and sprinkle streusel topping over apples.
- ☐ Bake until apple mixture is bubbling and streusel is golden brown, 50 to 55 minutes. Cool slightly.
- ☐ Serve cobbler slightly warm topped with vanilla ice cream.
- ☐ Per serving: 428 calories, 12 g fat, 3 g fiber

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:47.46, Inflammation Score:-6, Nutrition Score:10.503478267918%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.52mg, Epicatechin: 10.52mg, Epicatechin: 10.52mg, Epicatechin: 10.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 517.63kcal (25.88%), Fat: 15.91g (24.47%), Saturated Fat: 9.24g (57.76%), Carbohydrates: 89.47g (29.82%), Net Carbohydrates: 84.62g (30.77%), Sugar: 62.77g (69.75%), Cholesterol: 84.3mg (28.1%), Sodium: 304.86mg (13.25%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 7.27g (14.53%), Vitamin B2: 0.38mg (22.62%), Fiber: 4.85g (19.41%), Selenium: 13.46µg (19.22%), Vitamin B1: 0.26mg (17.14%), Manganese: 0.31mg (15.63%), Phosphorus: 150.97mg (15.1%), Folate: 59.57µg (14.89%), Calcium: 138.45mg (13.85%), Vitamin A: 622.15IU (12.44%), Iron: 1.82mg (10.12%), Potassium: 348.01mg (9.94%), Vitamin C: 7.66mg (9.29%), Vitamin B3: 1.75mg (8.77%), Vitamin B5: 0.77mg (7.71%), Magnesium: 26.64mg (6.66%), Vitamin B6: 0.13mg (6.6%), Zinc: 0.96mg (6.42%), Copper: 0.13mg (6.28%), Vitamin B12: 0.36µg (6.08%), Vitamin K: 5.49µg (5.23%), Vitamin E: 0.77mg (5.13%), Vitamin D: 0.46µg (3.05%)