



White Pineapple Cobbler with Vanilla Bean Ice Cream

 Vegetarian

READY IN



76 min.

SERVINGS



8

CALORIES



2762 kcal

DESSERT

Ingredients

- 1 pound brown sugar
- 1 pound butter
- 1 pound butter room temperature
- 2 ounces butter
- 1 teaspoon cinnamon
- 3 eggs
- 1.5 pounds flour

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- 0.3 teaspoon nutmeg
- 1 pound nuts
- 0.5 regular pineapple white
- 1 pound sugar
- 8 ounces sugar
- 0.3 teaspoon vanilla extract
- 8 servings vanilla bean ice cream

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- tart form

Directions

- Preheat oven to 350 degrees F.
- Combine the butter and sugar in a small mixing bowl with a paddle attachment. Beat on medium speed until light and fluffy.
- Add 1 egg and scrape down the side of bowl. Beat on low speed and add the remaining 2 eggs and vanilla extract.
- Add the flour all at once and beat until just combined.
- Remove from bowl and press down to form a 1/2-inch-thick disk of dough.
- Place in the refrigerator for at least 1 hour before working with it.
- To make the strussel, cream together the butter and sugars until smooth and light. Rub in the flour until it resembles a coarse pea shape.
- Add in the nuts and rub until everything comes together. Store in refrigerator until ready to use or up to 4 weeks.

- For the filling, melt the butter in a saute pan and add all of the spices. Peel and core the pineapple and cut into bite size pieces.
- Add the pineapple to the spice mixture and saute until all the juices start to blend together.
- Remove from heat and allow to cool.
- Roll the sugar dough to about 1/8-inch thick and place into a greased tart pan. Fill with the cooled pineapple filling and cover with the strussel.
- Bake for approximately 20 minutes or until golden brown.
- Serve with 2 scoops of vanilla bean ice cream.

Nutrition Facts



■ **PROTEIN 5.47%**
■ **FAT 44.59%**
■ **CARBS 49.94%**

Properties

Glycemic Index:74.23, Glycemic Load:204.96, Inflammation Score:-10, Nutrition Score:48.281739100166%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 2761.85kcal (138.09%), Fat: 139.27g (214.26%), Saturated Fat: 66.34g (414.62%), Carbohydrates: 350.9g (116.97%), Net Carbohydrates: 339.27g (123.37%), Sugar: 147.79g (164.21%), Cholesterol: 320.42mg (106.81%), Sodium: 821.73mg (35.73%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 38.47g (76.93%), Manganese: 4.29mg (214.51%), Vitamin B1: 2.25mg (150.26%), Selenium: 96.8µg (138.28%), Folate: 544.66µg (136.17%), Vitamin B2: 1.5mg (88.02%), Vitamin B3: 16.11mg (80.56%), Iron: 14.43mg (80.19%), Copper: 1.38mg (68.86%), Vitamin A: 3144.98IU (62.9%), Phosphorus: 540.42mg (54.04%), Fiber: 11.63g (46.5%), Magnesium: 162.28mg (40.57%), Vitamin C: 27.79mg (33.68%), Vitamin B6: 0.54mg (26.78%), Zinc: 3.96mg (26.39%), Vitamin E: 3.54mg (23.57%), Potassium: 714.98mg (20.43%), Vitamin B5: 2.02mg (20.22%), Calcium: 189.89mg (18.99%), Vitamin K: 11.25µg (10.72%), Vitamin B12: 0.35µg (5.86%), Vitamin D: 0.33µg (2.2%)