



WHATSheATE

Zucchini Cobbler



Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter chilled
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1.5 cups sugar white
- ☐ 5 cups zucchini peeled seeded chopped

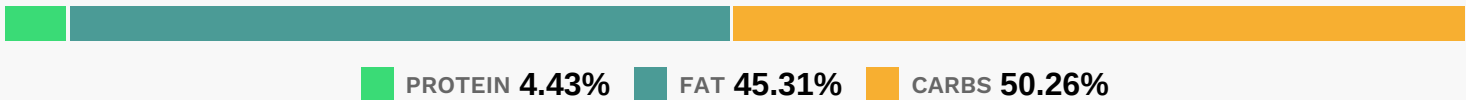
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Coat a 9x13 inch baking dish with cooking spray.
- ☐ Place zucchini and lemon juice in a medium saucepan. Cook, covered, over medium-low heat, stirring occasionally, for about 15 minutes, or until tender. Stir in 3/4 cup sugar, 1 teaspoon cinnamon, and nutmeg. Simmer 1 minute longer, remove from heat, and set aside.
- ☐ In a large mixing bowl, combine flour and 1 1/2 cups sugar.
- ☐ Cut in butter until the mixture resembles coarse crumbs. Stir 1/2 cup crumb mixture into zucchini mixture. Press half the remaining crumb mixture into the prepared pan.
- ☐ Spread zucchini evenly over crust. Crumble remaining crumb mixture over zucchini, and sprinkle with 1 teaspoon cinnamon.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:27.1, Inflammation Score:-5, Nutrition Score:6.2599999878718%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 308.82kcal (15.44%), Fat: 15.81g (24.33%), Saturated Fat: 9.81g (61.33%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 38.28g (13.92%), Sugar: 17.77g (19.74%), Cholesterol: 40.67mg (13.56%), Sodium: 125.2mg

(5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin B1: 0.24mg (15.76%), Folate: 61.07µg (15.27%), Selenium: 9.79µg (13.98%), Manganese: 0.27mg (13.65%), Vitamin A: 542.41IU (10.85%), Vitamin C: 8.79mg (10.66%), Vitamin B2: 0.18mg (10.61%), Vitamin B3: 1.81mg (9.06%), Iron: 1.44mg (8.03%), Phosphorus: 48.36mg (4.84%), Fiber: 1.19g (4.74%), Potassium: 132.15mg (3.78%), Vitamin B6: 0.07mg (3.62%), Vitamin E: 0.51mg (3.4%), Magnesium: 13.26mg (3.32%), Copper: 0.06mg (3.07%), Vitamin K: 2.92µg (2.78%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.33mg (2.2%), Calcium: 16.01mg (1.6%)