

Zucchini Cobbler



Vegetarian



Popular

READY IN



80 min.

SERVINGS



19

CALORIES



317 kcal

DESSERT

Ingredients

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

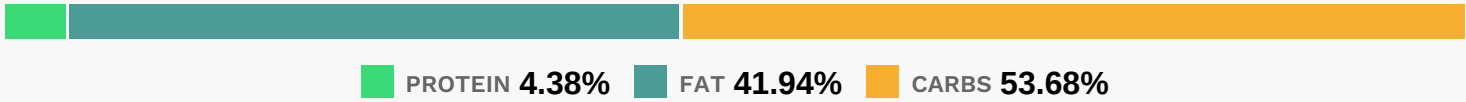
Equipment

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

Directions

- ☐ In a large saucepan over medium heat, cook and stir zucchini and lemon juice until zucchini is tender, 15 to 20 minutes. Stir in 1 cup sugar, 1 teaspoon cinnamon and nutmeg and cook one minute more.
- ☐ Remove from heat and set aside.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 10x15 inch baking dish. In a large bowl, combine flour and 2 cups sugar.
- ☐ Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Stir 1/2 cup of butter mixture into zucchini mixture. Press half of remaining butter mixture into bottom of prepared pan.
- ☐ Spread zucchini mixture over top of crust, and sprinkle remaining butter mixture over zucchini.
- ☐ Sprinkle with 1 teaspoon cinnamon.
- ☐ Bake 35 to 40 minutes, or until top is golden.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:29.41, Inflammation Score:-5, Nutrition Score:6.8078261717506%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg,

Naringenin: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 15.07g (23.18%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 42.06g (15.29%), Sugar: 22.63g (25.15%), Cholesterol: 38.53mg (12.84%), Sodium: 120.25mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Folate: 62.98µg (15.75%), Vitamin B1: 0.23mg (15.55%), Vitamin C: 12.66mg (15.35%), Manganese: 0.29mg (14.68%), Selenium: 9.34µg (13.35%), Vitamin B2: 0.19mg (11.21%), Vitamin A: 553.15IU (11.06%), Vitamin B3: 1.81mg (9.03%), Iron: 1.45mg (8.03%), Phosphorus: 53.43mg (5.34%), Fiber: 1.33g (5.3%), Potassium: 178.61mg (5.1%), Vitamin B6: 0.1mg (5.07%), Magnesium: 16.22mg (4.05%), Copper: 0.07mg (3.47%), Vitamin K: 3.61µg (3.44%), Vitamin E: 0.51mg (3.4%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.38mg (2.51%), Calcium: 18.48mg (1.85%)