

Apple-Cranberry Cobbler

Clinton Kelly
Parade Magazine

Servings: 8

FILLING

5 Granny Smith apples, peeled and chopped

1 cup cranberries

1/4 cup granulated sugar

1/4 cup brown sugar

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

2 teaspoons cornstarch

juice of one lemon

generous pinch salt

8 tablespoons butter

TOPPING

3/4 cup milk

1 cup all-purpose flour

1/2 cup sugar

2 teaspoons baking soda

2 pinches salt

Preheat the oven to 350 degrees.

In a large bowl, toss together all of the filling ingredients except the butter.

In a separate bowl, whisk the topping ingredients.

Add the butter to a 9-inch pie dish and place in the oven until melted. Remove from the oven and fill with the fruit mixture. Pour the topping over the fruit filling.

Bake for one hour or until the juices are bubbling and the cobbler is golden. Tent with foil if the cobbler is getting too brown.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 304 Calories; 13g Fat (36.2% calories from fat); 3g Protein; 47g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 480mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	304	Vitamin B6 (mg):	.1mg
% Calories from Fat:	36.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	60.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	27mcg

Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 34mg
Carbohydrate (g): 47g
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 480mg
Potassium (mg): 175mg
Calcium (mg): 43mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 501IU
Vitamin A (r.e.): 119 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 304 **Calories from Fat:** 110

% Daily Values*

Total Fat	13g	19%
Saturated Fat	8g	39%
Cholesterol	34mg	11%
Sodium	480mg	20%
Total Carbohydrates	47g	16%
Dietary Fiber	2g	9%
Protein	3g	
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Vitamin A		10%
Vitamin C		6%
Calcium		4%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.