

# Slow Cooker Salted Carmel Cobbler

Paula Macri - Gattuso's Bella Cucina  
Scripps's Treasure Coast Newspapers

1 cup flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup sugar  
1/2 cup milk  
1/3 cup butter, melted  
2 teaspoons vanilla  
1 cup brown sugar  
1 teaspoon Kosher salt  
1 1/2 cups hot water

Spray the inside of a slow cooker bowl with cooking spray.

In a large bowl, stit together the flour, baking powder, salt and sugar. Stir in the milk, melted butter and the vanilla until the mixture is smooth. Pour into the greased slow cooker.

In a small bowl, mix the brown sugar and Kosher salt with a fork and sprinkle over the batter in the crock pot. Pour the hot water over the top of the ingredients in the slow cooker, but do not stir.

Cook on LOW for three to four hours.

Remove the lid and let stand for several minutes; it will be a bit liquidy but will thicken after several minutes.

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Per Serving (excluding unknown items): 2222 Calories; 66g Fat (26.4% calories from fat); 18g Protein; 397g Carbohydrate; 4g Dietary Fiber; 180mg Cholesterol; 4137mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1/2 Non-Fat Milk; 13 Fat; 19 1/2 Other Carbohydrates.

Desserts, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	2222	Vitamin B6 (mg):	.1mg
% Calories from Fat:	26.4%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	70.5%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	66g	Folacin (mcg):	42mcg
Saturated Fat (g):	41g	Niacin (mg):	8mg

**Monounsaturated Fat (g):** 19g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 180mg  
**Carbohydrate (g):** 397g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 18g  
**Sodium (mg):** 4137mg  
**Potassium (mg):** 845mg  
**Calcium (mg):** 858mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 2442IU  
**Vitamin A (r.e.):** 613RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 25  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 6 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 13  
**Other Carbohydrates:** 19 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 2222                      **Calories from Fat:** 586

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### % Daily Values\*

<b>Total Fat</b> 66g	102%
Saturated Fat 41g	203%
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 4137mg	172%
<b>Total Carbohydrates</b> 397g	132%
Dietary Fiber 4g	14%
<b>Protein</b> 18g	
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<b>Vitamin A</b>	49%
<b>Vitamin C</b>	2%
<b>Calcium</b>	86%
<b>Iron</b>	55%

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