

Warm Pear & Fig Cobbler



Nutrition Facts

Serving Size 1 Portion (185g)
Serving Per Container: 1

Amount Per Serving

Calories 440 Calories from Fat 120

% Daily Values*

Total Fat 13g **21%**

Saturated Fat 8g **40%**

Trans Fat 0

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 35mg **11%**

Sodium 10mg **0%**

Total Carbohydrate 82g **27%**

Dietary Fiber 8g **32%**

Sugars 55g

Protein 4g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 10%

Vitamin E 0% • Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

Warm Pear & Fig **Cobbler** (6 Servings)

Ingredients:

For the figs

- 7 1/2 ounces dried figs
- 5 fresh pears, peeled and cut into 8 wedges
- 1/3 cup sugar
- 2 Tbsp unsalted butter, melted
- 1 Tbsp all-purpose flour
- 1/4 tsp salt
- 1/4 tsp ground cinnamon

For the topping:

- 1 cup all-purpose flour
- 1/2 cup brown sugar, firmly packed
- 1/4 cup sugar
- 1/4 tsp ground cinnamon
- 1/3 cup unsalted butter

Directions:

Remove the stems from the figs and quarter. Place figs in a small bowl, and add hot water to cover. Let stand 20 minutes, drain and set aside.

Place the pear wedges in a large bowl. Sprinkle with 1/3 cup sugar, melted butter, 1 Tbsp flour, salt, and 1/4 tsp cinnamon, and toss well.

Spoon the pear mixture into a buttered 8-inch square baking dish, and arrange the figs on top of the pear mixture. Set aside.

Combine 1 cup flour, brown sugar, 1/4 cup sugar, and 1/4 tsp cinnamon in a medium bowl, and stir well. Cut in 1/3 cup butter with a pastry blender until the mixture is crumbly, and sprinkle over the figs and pears.

Bake at 350 degrees F for 45 to 50 minutes or until golden brown. Serve warm.