



Anytime Peach Cobbler

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons cornstarch
- ☐ 6 servings yogurt plain fat-free
- ☐ 2 cups cereal
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.5 teaspoon orange zest

☐ 20 oz peaches frozen

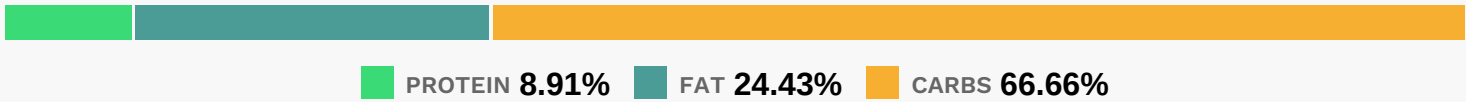
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together granola and milk in a small bowl.
- ☐ Let stand 5 minutes.
- ☐ Toss together peaches and next 5 ingredients in a large bowl. Spoon peach mixture into a 8-inch square baking dish.
- ☐ Stir granola mixture, and spoon over peach mixture. Lightly coat with cooking spray.
- ☐ Bake at 350 for 1 hour or until bubbly.
- ☐ Serve with yogurt.
- ☐ Note: For testing purposes only, we used Quaker 100% Natural Granola, Oats & Honey at one tasting and Heartland Original Granola Cereal at another.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:3.29, Inflammation Score:-5, Nutrition Score:10.383043392845%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 277.42kcal (13.87%), Fat: 7.81g (12.01%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 44.17g (16.06%), Sugar: 26.21g (29.12%), Cholesterol: 1mg (0.33%), Sodium: 36.82mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Manganese: 1.22mg (60.75%), Phosphorus: 163.06mg (16.31%), Vitamin E: 2.27mg (15.12%), Fiber: 3.75g (15%), Selenium: 9.61µg (13.73%), Iron: 2.19mg (12.17%), Magnesium: 48.35mg (12.09%), Vitamin B1: 0.16mg (10.73%), Copper: 0.2mg (9.94%), Potassium: 321.19mg (9.18%), Vitamin B2: 0.13mg (7.81%), Calcium: 76.91mg (7.69%), Zinc: 1.14mg (7.58%), Vitamin A: 348.45IU (6.97%), Vitamin B3: 1.19mg (5.94%), Folate: 20.23µg (5.06%), Vitamin C: 4.17mg (5.05%), Vitamin B5: 0.47mg (4.68%), Vitamin K: 4.75µg (4.52%), Vitamin B6: 0.09mg (4.47%), Vitamin B12: 0.15µg (2.58%), Vitamin D: 0.22µg (1.44%)