



B. Smith's Peach Cobbler

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 1 tablespoon granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup milk

- ☐ 6 cups peaches pitted ripe peeled sliced
- ☐ 3 tablespoons butter unsalted cold
- ☐ 0.5 teaspoon vanilla
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Grease 8-inch square (2-quart) glass baking dish. In 4-quart saucepan, mix peaches, brown sugar, cornstarch, lemon juice, cinnamon and nutmeg.
- ☐ Mix gently and cook over low heat about 10 minutes or until peaches are just tender and syrup has thickened.
- ☐ Pour into baking dish.
- ☐ In large bowl, stir together Bisquick mix and 3 tablespoons granulated sugar. Using two knives or pastry blender, cut in butter until mixture looks like coarse crumbs.
- ☐ Add milk and vanilla, and quickly blend together with spatula.
- ☐ Drop heaping tablespoonfuls biscuit mixture on top of peaches, covering them completely.
- ☐ Sprinkle with 1 tablespoon granulated sugar.
- ☐ Bake 25 to 35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:8.48, Inflammation Score:-4, Nutrition Score:4.0334782393082%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 193.7kcal (9.69%), Fat: 5.13g (7.89%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 35.66g (12.97%), Sugar: 34.28g (38.09%), Cholesterol: 13.12mg (4.37%), Sodium: 26.73mg (1.16%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 1.64g (3.27%), Vitamin A: 532.97IU (10.66%), Fiber: 1.84g (7.34%), Vitamin E: 0.98mg (6.51%), Vitamin C: 4.99mg (6.04%), Manganese: 0.11mg (5.49%), Potassium: 191.57mg (5.47%), Copper: 0.1mg (5.13%), Vitamin B3: 0.97mg (4.87%), Selenium: 3.06µg (4.37%), Phosphorus: 43.35mg (4.33%), Calcium: 41.48mg (4.15%), Vitamin K: 3.92µg (3.73%), Vitamin B2: 0.06mg (3.54%), Magnesium: 13.23mg (3.31%), Iron: 0.55mg (3.04%), Vitamin B5: 0.26mg (2.65%), Vitamin B1: 0.04mg (2.48%), Vitamin B6: 0.05mg (2.33%), Zinc: 0.35mg (2.3%), Folate: 7.5µg (1.87%), Vitamin D: 0.25µg (1.64%), Vitamin B12: 0.09µg (1.52%)