



## Blackberry-Peach Cobbler with Praline-Pecan Streusel

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



466 kcal

DESSERT

### Ingredients

- 2 cups blackberries fresh
- 0.8 cup firmly brown sugar light packed
- 0.5 cup butter melted
- 1.5 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 0.5 cup granulated sugar
- 0.3 teaspoon ground nutmeg

- 4 cups peaches fresh peeled sliced ( 4 large)
- 1 cup pecans coarsely chopped
- 0.1 teaspoon salt

## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Prepare Streusel: Stir together first 3 ingredients in a large bowl; add flour and pecans, and stir until blended.
- Let stand 20 minutes or until mixture is firm enough to crumble into small pieces.
- Meanwhile, prepare Filling: Preheat oven to 37
- Stir together peaches and next 3 ingredients in a large saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and boil, stirring occasionally, 6 to 7 minutes or until juices have thickened.
- Remove from heat, and stir in blackberries. Spoon mixture into a lightly greased 9-inch square baking dish. Crumble streusel over hot peach mixture.
- Bake at 375 for 30 to 35 minutes or until bubbly and golden brown.

## Nutrition Facts



**PROTEIN 4.4%** **FAT 41.03%** **CARBS 54.57%**

## Properties

Glycemic Index:51.92, Glycemic Load:26.35, Inflammation Score:-7, Nutrition Score:12.099130522946%

## Flavonoids

Cyanidin: 38.92mg, Cyanidin: 38.92mg, Cyanidin: 38.92mg, Cyanidin: 38.92mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin:

18.12mg, Catechin: 18.12mg, Catechin: 18.12mg, Catechin: 18.12mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## **Nutrients (% of daily need)**

Calories: 466.07kcal (23.3%), Fat: 22.02g (33.88%), Saturated Fat: 8.21g (51.32%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 60.79g (22.11%), Sugar: 41.34g (45.93%), Cholesterol: 30.5mg (10.17%), Sodium: 144.37mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Manganese: 1.09mg (54.36%), Vitamin B1: 0.32mg (21.51%), Fiber: 5.09g (20.37%), Selenium: 11.64µg (16.63%), Copper: 0.33mg (16.6%), Folate: 65.33µg (16.33%), Vitamin A: 690.3IU (13.81%), Vitamin C: 10.87mg (13.17%), Vitamin B3: 2.59mg (12.96%), Iron: 2.21mg (12.25%), Vitamin B2: 0.19mg (11.05%), Vitamin K: 10.99µg (10.46%), Vitamin E: 1.52mg (10.13%), Phosphorus: 95.31mg (9.53%), Magnesium: 37.88mg (9.47%), Zinc: 1.19mg (7.94%), Potassium: 267.52mg (7.64%), Vitamin B5: 0.49mg (4.93%), Calcium: 47.78mg (4.78%), Vitamin B6: 0.08mg (3.96%)