



Blueberry Peach Cobbler

READY IN



70 min.

SERVINGS



8

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 pint blueberries fresh
- ☐ 1 eggs mixed with 1 tablespoon water, for egg wash
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 pound peaches frozen thawed coarsely chopped
- ☐ 1 sheets pie crust prepared
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter unsalted cold cut into cubes
- ☐ 0.5 teaspoon vanilla extract

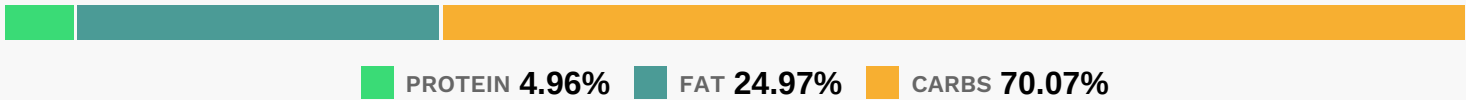
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Roll pastry to fit a 2-quart oval baking dish. In a large bowl, combine peaches and blueberries.
- ☐ Mix in flour, sugar, nutmeg, vanilla and butter cubes.
- ☐ Pour into the baking dish and cover with pastry. Using a fork, cut off excess dough and create a decorative edge by pressing tines along edge of pan and pushing down. With a paring knife, cut 3 slices on top of the pastry to vent.
- ☐ Brush on egg wash and dust with sugar.
- ☐ Bake until golden brown on top and edges are bubbling, about 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:16.56, Inflammation Score:-6, Nutrition Score:6.0900000359701%

Flavonoids

Cyanidin: 7.18mg, Cyanidin: 7.18mg, Cyanidin: 7.18mg, Cyanidin: 7.18mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 8.71mg, Catechin: 8.71mg, Catechin: 8.71mg, Catechin: 8.71mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate:

0.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 183.42kcal (9.17%), Fat: 5.4g (8.3%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 30.89g (11.23%), Sugar: 27.96g (31.06%), Cholesterol: 31.75mg (10.58%), Sodium: 24.43mg (1.06%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 2.41g (4.82%), Vitamin K: 15.22µg (14.49%), Manganese: 0.29mg (14.29%), Fiber: 3.19g (12.75%), Vitamin C: 10.39mg (12.59%), Vitamin A: 562.58IU (11.25%), Vitamin E: 1.35mg (8.97%), Selenium: 4.9µg (7%), Copper: 0.13mg (6.57%), Vitamin B3: 1.28mg (6.42%), Vitamin B2: 0.1mg (5.79%), Potassium: 195.71mg (5.59%), Phosphorus: 46.46mg (4.65%), Vitamin B1: 0.07mg (4.46%), Folate: 16.66µg (4.17%), Iron: 0.75mg (4.15%), Magnesium: 13.96mg (3.49%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.35mg (3.46%), Zinc: 0.45mg (2.98%), Calcium: 13mg (1.3%), Vitamin D: 0.19µg (1.26%)