



Blueberry-Peach Cobbler

 Vegetarian

READY IN



91 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.5 cups plus 2 tablespoons flour all-purpose divided
- ☐ 1 cup granulated sugar divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 5 pounds peaches pitted peeled sliced
- ☐ 0.4 teaspoon salt divided
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

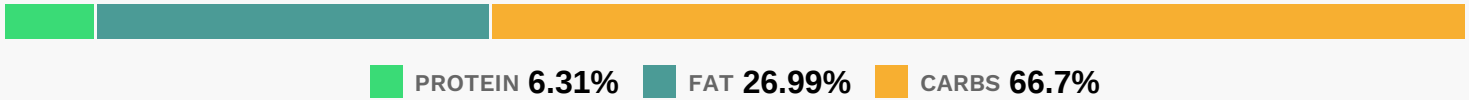
Directions

- ☐ Preheat oven to 37
- ☐ Place peaches in a large bowl.
- ☐ Drizzle with juice; toss.
- ☐ Add 3/4 cup granulated sugar, 1/8 teaspoon salt, and 2 tablespoons flour to peach mixture; toss to combine. Arrange peach mixture evenly in a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Weigh or lightly spoon 75 ounces flour (about 1 1/2 cups) into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces flour, remaining 1/4 teaspoon salt, and baking powder in a bowl, stirring well with a whisk.
- ☐ Place the remaining 1/4 cup granulated sugar and butter in a medium bowl, and beat with a mixer at medium speed until light and fluffy (about 2 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in vanilla extract.

- ☐
- Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with the flour mixture, beating just until combined. Stir in blueberries.

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Nutrition Facts



Properties

Glycemic Index:33.2, Glycemic Load:28.31, Inflammation Score:-7, Nutrition Score:9.7182609205661%

Flavonoids

Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 10.6mg, Catechin: 10.6mg, Catechin: 10.6mg, Catechin: 10.6mg Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 313.18kcal (15.66%), Fat: 9.76g (15.02%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 50.43g (18.34%), Sugar: 37.85g (42.05%), Cholesterol: 52.99mg (17.66%), Sodium: 221.82mg (9.64%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 5.14g (10.27%), Vitamin A: 935.71IU (18.71%), Selenium: 12.6µg (18%), Manganese: 0.31mg (15.53%), Fiber: 3.86g (15.43%), Vitamin C: 11.11mg (13.47%), Vitamin B3: 2.58mg (12.88%), Vitamin B2: 0.22mg (12.76%), Vitamin B1: 0.19mg (12.58%), Vitamin E: 1.85mg (12.34%), Folate: 46.86µg (11.72%), Vitamin K: 11.21µg (10.68%), Phosphorus: 100.48mg (10.05%), Copper: 0.2mg (9.79%), Iron: 1.64mg (9.14%), Potassium: 304.37mg (8.7%), Vitamin B5: 0.59mg (5.87%), Magnesium: 23.05mg (5.76%), Calcium: 55.8mg (5.58%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.09mg (4.4%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.36µg (2.41%)