



Bourbon Peach Cobbler

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 servings heavy cream plus more for brushing
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 peaches peeled sliced

- ☐ 0.8 cup sugar for dusting divided plus more
- ☐ 12 tablespoons butter unsalted cold for skillet

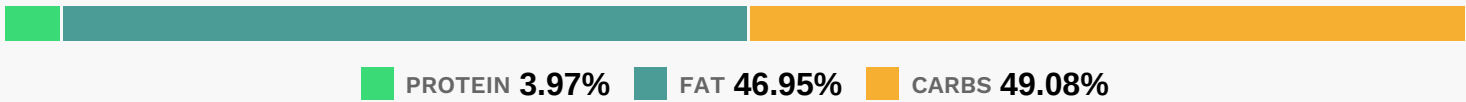
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 375 degrees F.
- ☐ In a large bowl add the peaches, bourbon, 1/4 cup sugar, cornstarch, and cinnamon and mix well to coat the peaches evenly; set aside.
- ☐ Prepare the dumplings: Into food processor add the flour, 1/2 cup sugar, baking powder, and salt.
- ☐ Cut 12 tablespoons (1 1/2 sticks) butter into small pieces.
- ☐ Add it to the flour mixture and pulse until the mixture looks like wet sand.
- ☐ Mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.
- ☐ In a 10-inch cast iron skillet over medium-low heat, melt the remaining 2 tablespoons butter.
- ☐ Add the peaches and cook gently until heated through, about 5 minutes. Drop the dough by tablespoonfuls over the warm peaches. There can be gaps, the dough will puff up and spread out as it bakes.
- ☐ Brush the top with some heavy cream and sprinkle with some sugar; put it into the oven on a baking sheet to catch any drips. Cook for 40 to 45 minutes until the top is browned and the fruit is bubbling.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:31.48, Inflammation Score:-7, Nutrition Score:9.1295652700507%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 448.16kcal (22.41%), Fat: 23.15g (35.61%), Saturated Fat: 14.3g (89.39%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 51.42g (18.7%), Sugar: 31.82g (35.35%), Cholesterol: 62.1mg (20.7%), Sodium: 278.14mg (12.09%), Alcohol: 2.51g (100%), Alcohol %: 1.33% (100%), Protein: 4.41g (8.81%), Vitamin A: 1235.03IU (24.7%), Selenium: 11.93µg (17.05%), Manganese: 0.3mg (14.98%), Vitamin B1: 0.22mg (14.97%), Folate: 53.14µg (13.28%), Vitamin B3: 2.62mg (13.08%), Fiber: 3.04g (12.14%), Vitamin B2: 0.2mg (11.86%), Vitamin E: 1.74mg (11.6%), Iron: 1.77mg (9.84%), Phosphorus: 94.68mg (9.47%), Calcium: 86.04mg (8.6%), Copper: 0.16mg (8.04%), Vitamin C: 6.25mg (7.58%), Potassium: 229.26mg (6.55%), Vitamin K: 6.6µg (6.28%), Magnesium: 19.11mg (4.78%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.58mg (3.83%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.05mg (2.71%)