



Bourbon Peach Cobbler

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



523 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
- ☐ 0.8 cup heavy cream plus more for brushing
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 peaches peeled sliced

- ☐ 0.8 cup sugar for dusting plus more
- ☐ 16 tablespoons butter unsalted cold 2 sticks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ 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 a bowl sift together 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 cut it in with a pastry blender or your hands until the mixture looks like coarse bread crumbs.
- ☐ Pour in the cream and 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 4 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



 **PROTEIN 3.59%**  **FAT 54.4%**  **CARBS 42.01%**

Properties

Glycemic Index:37.17, Glycemic Load:31.48, Inflammation Score:-8, Nutrition Score:9.7304348271826%

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: 523.22kcal (26.16%), Fat: 31.46g (48.41%), Saturated Fat: 19.58g (122.38%), Carbohydrates: 54.66g (18.22%), Net Carbohydrates: 51.63g (18.77%), Sugar: 32.03g (35.59%), Cholesterol: 85.41mg (28.47%), Sodium: 280.88mg (12.21%), Alcohol: 2.51g (100%), Alcohol %: 1.25% (100%), Protein: 4.67g (9.35%), Vitamin A: 1517.45IU (30.35%), Selenium: 12.22µg (17.46%), Vitamin B1: 0.23mg (15.09%), Manganese: 0.3mg (15%), Folate: 53.64µg (13.41%), Vitamin E: 1.97mg (13.13%), Vitamin B3: 2.62mg (13.12%), Vitamin B2: 0.22mg (12.81%), Fiber: 3.04g (12.14%), Phosphorus: 100.6mg (10.06%), Iron: 1.78mg (9.89%), Calcium: 92.54mg (9.25%), Copper: 0.16mg (8.13%), Vitamin C: 6.29mg (7.63%), Vitamin K: 7.32µg (6.97%), Potassium: 237.89mg (6.8%), Vitamin D: 0.78µg (5.18%), Magnesium: 19.76mg (4.94%), Vitamin B5: 0.42mg (4.21%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.06mg (2.85%), Vitamin B12: 0.08µg (1.39%)