



Busy Mom Peach Cobbler

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon ground cinnamon to taste
- ☐ 0.1 teaspoon ground nutmeg to taste
- ☐ 1 cup milk 2%
- ☐ 16 ounce peaches in heavy syrup sliced canned
- ☐ 1 cup self-rising flour
- ☐ 2 tablespoons sugar white

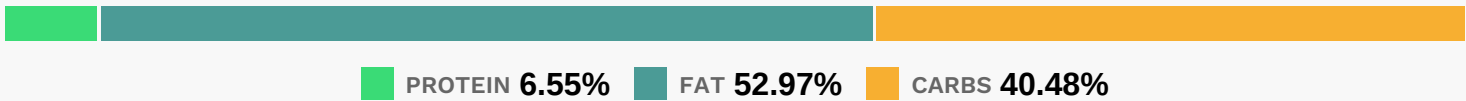
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Put the butter in an 8x8 inch baking dish and place in the oven to melt while you prepare the remaining ingredients.
- ☐ Bring the peaches with syrup and 2 tablespoons of sugar to a boil in a saucepan. Reduce heat to medium-low and simmer 10 minutes; set aside.
- ☐ Whisk together the flour, 1 cup sugar, cinnamon, and nutmeg in a bowl. Stir in the milk until the mixture is just moistened.
- ☐ Pour into the hot baking dish over the butter. Spoon the peach slices and most of the syrup over the batter.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Sprinkle with the remaining 2 tablespoons of sugar. Return to the oven and bake until the top is golden brown, 30 to 45 minutes longer.

Nutrition Facts



Properties

Glycemic Index:37.79, Glycemic Load:11.41, Inflammation Score:-4, Nutrition Score:4.1052173894385%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 208.56kcal (10.43%), Fat: 12.52g (19.27%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.27g (7.37%), Sugar: 9.31g (10.35%), Cholesterol: 32.86mg (10.95%), Sodium: 112.82mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Selenium: 8.29µg (11.85%), Vitamin A: 570IU (11.4%), Manganese: 0.17mg (8.72%), Phosphorus: 58.28mg (5.83%), Vitamin E: 0.82mg (5.44%), Vitamin B2: 0.09mg (5.12%), Fiber: 1.27g (5.06%), Calcium: 44.13mg (4.41%), Copper: 0.08mg (3.76%), Potassium: 129.94mg (3.71%), Vitamin B3: 0.65mg (3.24%), Magnesium: 12.07mg (3.02%), Vitamin B12: 0.18µg (3.01%), Vitamin C: 2.39mg (2.89%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.28mg (2.76%), Vitamin K: 2.82µg (2.69%), Folate: 10.49µg (2.62%), Vitamin B1: 0.04mg (2.56%), Iron: 0.35mg (1.94%), Vitamin B6: 0.03mg (1.59%)