



Cin-ful Peach Cobbler

READY IN



105 min.

SERVINGS



10

CALORIES



525 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 0.8 cup brown sugar
- 1 teaspoon butter
- 1 teaspoon cornstarch dissolved in 1 tablespoon water
- 0.5 cup cranberries dried
- 0.5 cup flour all-purpose
- 0.8 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 juice of lemon juiced

- 0.5 teaspoon nutmeg freshly grated
- 0.8 cup oats
- 10 cups peaches frozen thawed prepared
- 0.5 teaspoon salt
- 0.3 cup slivered almonds
- 0.3 cup sugar
- 1 stick butter unsalted cut into 8 pieces room temperature
- 10 servings whipped cream for serving
- 0.3 cup sugar white

Equipment

- bowl
- oven

Directions

- Watch how to make this recipe.
- Special equipment: 12 by 8-inch oval stoneware dish or 13 by 9-inch rectangular glass or stoneware dish
- Preheat oven to 450 degrees F. To make the peach filling: In a large bowl, stir together sugars, flour, cinnamon and salt.
- Add peaches and gently toss to coat.
- Mix together cornstarch slurry and lemon juice and stir into peaches to incorporate. Butter a 12 by 8-inch oval dish and add peach mixture. To make the crumb topping: In a medium bowl, combine dry ingredients, add in butter pieces and combine with hands until crumbly. Top peaches with half of the crumb topping.
- Place in oven and immediately reduce oven temperature to 350 degrees F.
- Bake uncovered for 30 minutes, then add remainder of the crumb topping. Reduce heat to 325 degrees F and bake until golden and bubbling, another 45 minutes.
- Remove from oven and let sit for 15 minutes before serving.
- Serve with vanilla ice cream or fresh whipped cream.

Nutrition Facts

PROTEIN 5.08% FAT 32.1% CARBS 62.82%

Properties

Glycemic Index:56.64, Glycemic Load:31.61, Inflammation Score:-7, Nutrition Score:12.052608728409%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 7.61mg, Catechin: 7.61mg, Catechin: 7.61mg, Catechin: 7.61mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 524.67kcal (26.23%), Fat: 19.29g (29.67%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 84.92g (28.31%), Net Carbohydrates: 80.32g (29.21%), Sugar: 62.97g (69.96%), Cholesterol: 54.41mg (18.14%), Sodium: 200.9mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Manganese: 0.56mg (27.89%), Vitamin A: 1075.68IU (21.51%), Vitamin B2: 0.33mg (19.51%), Fiber: 4.6g (18.42%), Selenium: 12.08µg (17.26%), Vitamin E: 2.46mg (16.39%), Phosphorus: 162.78mg (16.28%), Vitamin B1: 0.22mg (14.84%), Calcium: 127.59mg (12.76%), Vitamin B3: 2.48mg (12.38%), Potassium: 417.34mg (11.92%), Copper: 0.23mg (11.42%), Folate: 45.53µg (11.38%), Magnesium: 43.63mg (10.91%), Iron: 1.88mg (10.43%), Vitamin C: 7.89mg (9.57%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.83mg (8.28%), Vitamin K: 6.34µg (6.03%), Vitamin B6: 0.1mg (5.02%), Vitamin B12: 0.28µg (4.62%), Vitamin D: 0.3µg (2.01%)