



Coconut-Peach Cobbler with Bourbon-Pecan Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup bourbon
- 1 cup brown sugar packed
- 6 tablespoons butter chilled cut into small pieces
- 2 large egg yolks
- 0.5 cup evaporated milk fat-free
- 6 tablespoons flour all-purpose

- 9 ounces flour all-purpose
- 1 tablespoon granulated sugar
- 3 tablespoons granulated sugar
- 0.3 teaspoon ground nutmeg
- 4 cups whipped cream low-fat softened
- 4 pounds peaches peeled sliced
- 0.3 cup pecans toasted chopped
- 0.3 teaspoon salt
- 1 Dash salt
- 0.5 cup coconut or sweetened flaked toasted

Equipment

- food processor
- bowl
- oven
- knife
- wire rack
- plastic wrap
- baking pan
- measuring cup

Directions

- To prepare ice cream, combine vanilla ice cream, chopped pecans, and bourbon in a bowl; cover and freeze mixture for at least 3 hours.
- To prepare crust, lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine 2 cups flour, 3 tablespoons granulated sugar, baking powder, and 1/4 teaspoon salt in a food processor; pulse 2 times or until blended.
- Add coconut and butter; pulse 10 times or until mixture resembles coarse meal.
- Combine milk and egg yolks.

- Remove 1 tablespoon milk mixture; set aside. With processor on, slowly pour remaining milk mixture through food chute; pulse 5 times or just until blended. Gently press mixture into a 6-inch square on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for at least 30 minutes.
- Roll dough, still covered, into a 14 x 10-inch rectangle.
- Preheat oven to 35
- To prepare filling, combine sliced peeled peaches, brown sugar, 6 tablespoons flour, nutmeg, and dash of salt in a large bowl; spoon into a 13 x 9-inch baking dish coated with cooking spray.
- Remove one sheet of plastic wrap from dough; place dough on peach mixture, pressing to edge of dish.
- Remove the remaining sheet of plastic wrap; brush dough with reserved milk mixture.
- Cut 6 (2-inch) slits in dough, and sprinkle with 1 tablespoon granulated sugar.
- Bake at 350 for 35 minutes or until golden.
- Let stand 30 minutes on a wire rack.
- Serve with bourbon-pecan ice cream.

Nutrition Facts



PROTEIN 7.1% **FAT 26.06%** **CARBS 66.84%**

Properties

Glycemic Index:37.71, Glycemic Load:20.58, Inflammation Score:-6, Nutrition Score:9.1056521819985%

Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 336.33kcal (16.82%), Fat: 9.73g (14.97%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 53.4g (19.42%), Sugar: 36.15g (40.17%), Cholesterol: 46.78mg (15.59%), Sodium: 216.11mg (9.4%), Alcohol: 1.25g (100%), Alcohol %: 0.75% (100%), Protein: 5.96g (11.93%), Selenium: 11.6µg (16.57%), Manganese: 0.31mg (15.67%), Vitamin B2: 0.27mg (15.64%), Calcium: 150.16mg (15.02%), Vitamin A: 721.56IU (14.43%), Vitamin B1: 0.21mg (14.29%), Phosphorus: 134.45mg (13.45%), Folate: 47.92µg (11.98%), Fiber: 2.76g (11.02%), Vitamin B3: 2.15mg (10.73%), Iron: 1.67mg (9.28%), Potassium: 300.16mg (8.58%), Copper: 0.16mg (8.05%), Vitamin E: 1.1mg (7.32%), Vitamin C: 5.27mg (6.39%), Magnesium: 25.53mg (6.38%), Vitamin B5: 0.59mg (5.95%), Zinc: 0.89mg (5.91%), Vitamin B12: 0.24µg (4.03%), Vitamin K: 4.1µg (3.9%), Vitamin B6: 0.08mg (3.77%), Vitamin D: 0.16µg (1.07%)