

Cop Cobbler

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



24

CALORIES



187 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 16 ounce confectioners' sugar
- 2 eggs beaten
- 24 glazed doughnuts
- 1 teaspoon ground cinnamon
- 29 ounce peaches drained sliced canned
- 1 pinch salt
- 14 ounce condensed milk sweetened canned

2 teaspoons vanilla extract

Equipment

bowl

oven

knife

baking pan

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish, and set aside.

Tear the doughnuts into bite-size pieces, and place them in a large bowl.

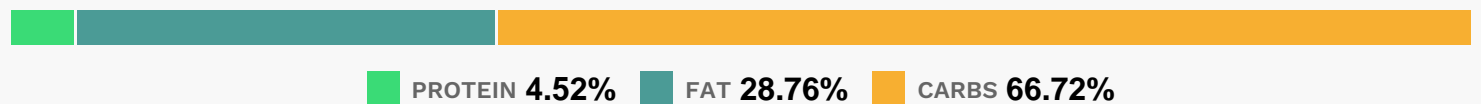
Pour in the sweetened condensed milk, eggs, peaches with juice, cinnamon, and salt, and mix. Spoon the mixture into the greased baking dish.

Bake in the preheated oven for 1 hour, until a knife inserted in the center comes out clean.

While the cobbler is baking, make a glaze by combining the melted butter, confectioners' sugar, and vanilla extract in a bowl. Stir until smooth.

Drizzle the glaze over the baked cobbler.

Nutrition Facts



Properties

Glycemic Index:6.51, Glycemic Load:6.68, Inflammation Score:-2, Nutrition Score:2.6547826191653%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 186.67kcal (9.33%), Fat: 6.11g (9.4%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 31.29g (11.38%), Sugar: 30.77g (34.19%), Cholesterol: 29.43mg (9.81%), Sodium: 67.03mg (2.91%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 2.16g (4.32%), Selenium: 4.46µg (6.37%), Vitamin B2: 0.1mg (5.98%), Vitamin A: 294.06IU (5.88%), Phosphorus: 57.84mg (5.78%), Calcium: 53.29mg (5.33%), Potassium: 110.57mg (3.16%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.24mg (2.38%), Fiber: 0.59g (2.38%), Vitamin C: 1.84mg (2.23%), Manganese: 0.04mg (1.95%), Zinc: 0.29mg (1.93%), Magnesium: 7.66mg (1.92%), Vitamin B12: 0.11µg (1.89%), Copper: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.66%), Vitamin B3: 0.32mg (1.59%), Folate: 5.74µg (1.44%), Vitamin K: 1.49µg (1.42%), Iron: 0.24mg (1.36%), Vitamin B6: 0.02mg (1.18%)