



## Crowd-Pleasing Peach Cobbler

 Vegetarian

READY IN



55 min.

SERVINGS



9

CALORIES



175 kcal

DESSERT

### Ingredients

- 1 cup baking mix all-purpose
- 0.3 cup brown sugar packed
- 2 Tbsp granulated sugar
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 1 Tbsp juice of lemon
- 0.3 cup milk
- 2 Tbsp minute tapioca

- 0.3 cup pancake syrup
- 5 cups peaches fresh sliced

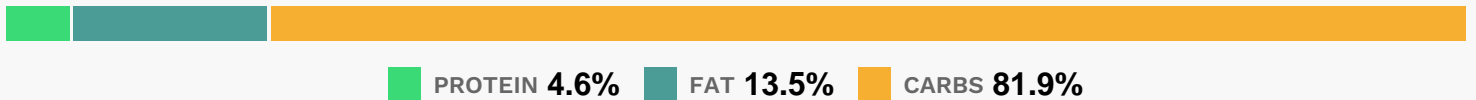
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Toss peaches with next 6 ingredients in large saucepan. Bring to boil on medium heat, stirring occasionally.
- Pour into 9-inch square baking dish.
- Stir baking mix, granulated sugar and milk in medium bowl until mixture forms soft dough. Drop by heaping tablespoonfuls onto hot fruit mixture.
- Bake 28 to 30 min. or until biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:24.82, Glycemic Load:4.96, Inflammation Score:-3, Nutrition Score:4.4439130555028%

## Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

0.57mg

## Nutrients (% of daily need)

Calories: 175.02kcal (8.75%), Fat: 2.72g (4.19%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 35.52g (12.92%), Sugar: 17.71g (19.68%), Cholesterol: 1.55mg (0.52%), Sodium: 197.04mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Phosphorus: 105.43mg (10.54%), Manganese: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.86%), Fiber: 1.66g (6.63%), Vitamin B3: 1.32mg (6.58%), Vitamin A: 298.13IU (5.96%), Copper: 0.12mg (5.81%), Vitamin B2: 0.1mg (5.65%), Folate: 22.25µg (5.56%), Vitamin C: 4.2mg (5.09%), Selenium: 3.1µg (4.43%), Vitamin E: 0.65mg (4.34%), Calcium: 42.62mg (4.26%), Potassium: 147.36mg (4.21%), Iron: 0.73mg (4.06%), Vitamin K: 3.5µg (3.33%), Magnesium: 12.07mg (3.02%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.04mg (1.96%), Vitamin B12: 0.09µg (1.48%)