



Easiest Ever Fruit Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 1 cup milk
- 29 ounce peaches with juice sliced canned
- 1 pinch salt
- 1 cup self-rising flour
- 1 cup sugar white

Equipment

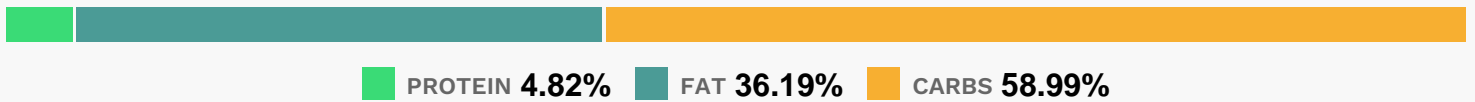
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 2–quart baking dish.
- Stir together peaches and juice with melted butter.
- Pour into prepared pan. In a small bowl mix flour, sugar and salt. Stir in milk.
- Pour mixture over peaches.
- Bake on bottom rack of preheated oven 15 minutes, or until lightly browned, then move to top rack for 20 minutes more.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.22, Glycemic Load:38.53, Inflammation Score:-6, Nutrition Score:7.1721739250681%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 421.12kcal (21.06%), Fat: 17.47g (26.87%), Saturated Fat: 10.56g (65.98%), Carbohydrates: 64.06g (21.35%), Net Carbohydrates: 61.5g (22.37%), Sugar: 46.79g (51.99%), Cholesterol: 45.55mg (15.18%), Sodium: 162.11mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Vitamin A: 985.72IU (19.71%), Selenium: 12.31µg (17.59%), Manganese: 0.25mg (12.58%), Vitamin E: 1.54mg (10.29%), Fiber: 2.56g (10.22%), Phosphorus: 95.97mg (9.6%), Copper: 0.15mg (7.38%), Vitamin B2: 0.12mg (7.29%), Potassium: 254.21mg (7.26%), Vitamin B3: 1.36mg (6.82%), Vitamin C: 5.62mg (6.81%), Calcium: 63.5mg (6.35%), Magnesium: 21.43mg (5.36%), Vitamin K: 5.62µg (5.35%), Vitamin B1: 0.07mg (4.88%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.68mg (4.53%), Vitamin

B12: 0.25µg (4.2%), Folate: 15.66µg (3.92%), Iron: 0.67mg (3.74%), Vitamin B6: 0.07mg (3.37%), Vitamin D: 0.45µg (2.98%)