



Easy Fruit Cobbler

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup butter
- 1 cup flour all-purpose
- 0.8 cup milk
- 2 cups peaches fresh sliced
- 0.8 cup sugar white

Equipment

- oven

baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Melt butter in a 9 x 9 inch baking dish.
- Blend together flour, baking powder, sugar, and milk.
- Pour batter in baking dish over the butter.
- Sprinkle fruit on top of the batter, do not stir.
- Bake for 1 hour or until golden brown.

Nutrition Facts



PROTEIN 5.15% **FAT 28.39%** **CARBS 66.46%**

Properties

Glycemic Index:45.67, Glycemic Load:23.71, Inflammation Score:-3, Nutrition Score:4.5430435045906%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 210.35kcal (10.52%), Fat: 6.8g (10.46%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 34.84g (12.67%), Sugar: 23.09g (25.65%), Cholesterol: 18mg (6%), Sodium: 165.81mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin B1: 0.15mg (9.67%), Selenium: 6.73µg (9.61%), Calcium: 92.67mg (9.27%), Folate: 31.12µg (7.78%), Vitamin B2: 0.13mg (7.45%), Phosphorus: 72.06mg (7.21%), Vitamin A: 339.84IU (6.8%), Manganese: 0.13mg (6.59%), Vitamin B3: 1.26mg (6.3%), Iron: 0.98mg (5.43%), Fiber: 1g (4.01%), Vitamin E: 0.47mg (3.11%), Potassium: 100.28mg (2.87%), Copper: 0.05mg (2.71%), Magnesium: 9.67mg (2.42%), Vitamin B12: 0.14µg (2.26%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.3mg (2%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.77µg (1.68%), Vitamin B6: 0.03mg (1.53%)