



Easy Peach Cobbler

 Vegetarian  Popular

READY IN



40 min.

SERVINGS



6

CALORIES



393 kcal

DESSERT

Ingredients

- 0.5 cup butter room temperature
- 1 cup milk
- 15 ounce peaches canned
- 1 cup self-rising flour
- 1 cup sugar white

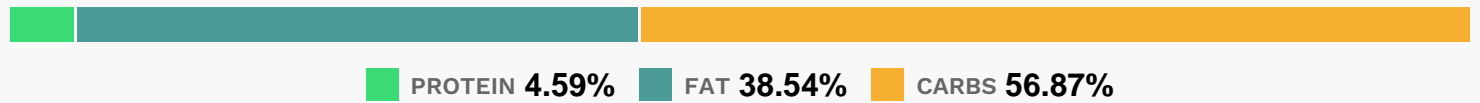
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a one-quart baking dish or 9 inch square pan, cream together sugar and butter.
- Mix in flour and milk until smooth.
- Pour peaches and their juice over the top.
- Bake 25 to 30 minutes in the preheated oven, until golden brown.

Nutrition Facts



Properties

Glycemic Index:44.22, Glycemic Load:36.24, Inflammation Score:-5, Nutrition Score:5.491304407949%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 393.34kcal (19.67%), Fat: 17.29g (26.59%), Saturated Fat: 10.54g (65.9%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 55.82g (20.3%), Sugar: 41.24g (45.83%), Cholesterol: 45.55mg (15.18%), Sodium: 147.05mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Selenium: 10.92µg (15.6%), Vitamin A: 770.07IU (15.4%), Manganese: 0.21mg (10.56%), Phosphorus: 81.41mg (8.14%), Vitamin E: 1.06mg (7.07%), Fiber: 1.56g (6.25%), Calcium: 60.85mg (6.09%), Vitamin B2: 0.1mg (6.08%), Potassium: 173.51mg (4.96%), Copper: 0.1mg (4.8%), Vitamin B12: 0.25µg (4.2%), Vitamin B3: 0.83mg (4.15%), Magnesium: 16.14mg (4.03%), Vitamin B1: 0.06mg (3.83%), Vitamin B5: 0.37mg (3.72%), Vitamin C: 2.91mg (3.52%), Zinc: 0.53mg (3.51%), Vitamin K: 3.63µg (3.46%), Vitamin D: 0.45µg (2.98%), Folate: 11.69µg (2.92%), Vitamin B6: 0.05mg (2.54%), Iron: 0.45mg (2.49%)