



Easy Peach Cobbler

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



543 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 1 cup milk
- ☐ 30 ounce peaches in syrup sliced canned
- ☐ 1 cup self-rising flour
- ☐ 1 cup sugar
- ☐ 4 tablespoons sugar
- ☐ 2 cups whipping cream chilled

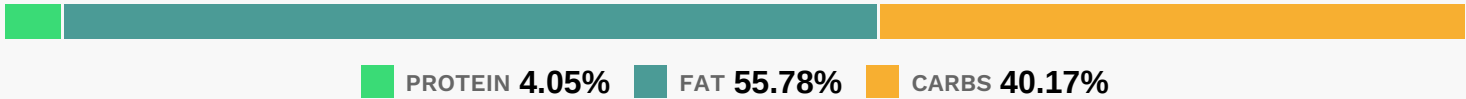
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Drain 1 can of peaches; reserve the syrup from the other.
- ☐ Place the butter in a 9- by 12-inch ovenproof baking dish.
- ☐ Heat the butter on the stove or in the oven until it's melted. In a medium bowl, mix the flour and sugar. Stir in the milk and the reserved syrup.
- ☐ Pour the batter over the melted butter in the baking dish. Arrange the peaches over the batter.
- ☐ Bake for 1 hour. The cobbler is done when the batter rises around the peaches and the crust is thick and golden brown.
- ☐ Serve warm with fresh whipped cream
- ☐ Chill a large metal mixing bowl and the wire beater attachment in the freezer for about 20 minutes.
- ☐ Pour the chilled cream and sugar into the cold mixing bowl and beat until it forms soft peaks, about 5 minutes. The mixture should hold its shape when dropped from a spoon. Don't overbeat or you'll have sweetened butter!

Nutrition Facts



Properties

Glycemic Index:41.93, Glycemic Load:33.21, Inflammation Score:-7, Nutrition Score:7.9234781368919%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 542.73kcal (27.14%), Fat: 34.61g (53.24%), Saturated Fat: 21.6g (135.02%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 54.1g (19.67%), Sugar: 43.12g (47.91%), Cholesterol: 101.4mg (33.8%), Sodium: 133.32mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin A: 1625.49IU (32.51%), Selenium: 11.13µg (15.9%), Vitamin B2: 0.21mg (12.18%), Vitamin E: 1.73mg (11.54%), Phosphorus: 107.26mg (10.73%), Manganese: 0.19mg (9.58%), Calcium: 87.1mg (8.71%), Vitamin D: 1.29µg (8.58%), Fiber: 1.97g (7.88%), Potassium: 251.62mg (7.19%), Copper: 0.12mg (6.02%), Vitamin K: 6.22µg (5.93%), Vitamin C: 4.72mg (5.72%), Vitamin B3: 1.09mg (5.45%), Magnesium: 20.52mg (5.13%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.28µg (4.73%), Vitamin B1: 0.07mg (4.51%), Zinc: 0.66mg (4.41%), Vitamin B6: 0.07mg (3.61%), Folate: 14.34µg (3.59%), Iron: 0.58mg (3.22%)