



Easy Peach Cobbler

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



314 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 teaspoon cornstarch
- 1 cup flour all-purpose
- 4 tablespoons granulated sugar
- 1 tablespoon juice of lemon freshly squeezed
- 0.3 cup brown sugar light packed
- 2 pounds peaches firm pitted ripe halved cut into 1/2-inch-thick slices (6 medium peaches)

- 0.1 teaspoon salt fine
- 0.3 cup yogurt plain
- 6 tablespoons butter unsalted cold cut into small pieces ()
- 0.3 teaspoon vanilla extract

Equipment

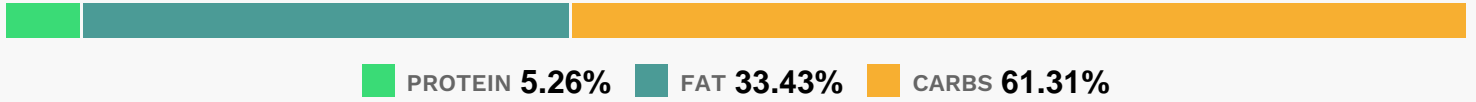
- bowl
- oven
- whisk
- wire rack
- blender
- plastic wrap
- baking pan

Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Place the brown sugar, lemon juice, cornstarch, vanilla, and salt in a large bowl and whisk to combine.
- Add the peaches and stir until evenly coated.
- Transfer the mixture to an 8-by-8-inch glass or ceramic baking dish, arrange in an even layer, and scatter the butter pieces over the top.
- Whisk together the flour, 3 tablespoons of the sugar, the baking powder, and baking soda in a large bowl to combine.
- Add the butter and toss with your fingers until well coated in the flour mixture. Using a pastry blender or 2 knives, cut the butter into the dry ingredients until reduced to pea-size pieces, about 2 to 3 minutes.
- Add the buttermilk or yogurt and stir until a soft, crumbly dough forms. Divide the dough into 9 equal portions. Form each portion into a 2-inch-wide patty and place on a large plate. Cover with plastic wrap and set aside. When the peaches are ready, remove the baking dish from the oven, stir to coat the peaches in the juices, and arrange in an even layer again.
- Place the dough patties in a single layer on top.

- Sprinkle the remaining tablespoon of sugar evenly over the top of the cobbler.
- Bake until the biscuits are golden brown and the filling is bubbling around the edges, about 15 minutes.
- Transfer to a wire rack and let cool for at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.22, Glycemic Load:22.49, Inflammation Score:-6, Nutrition Score:8.219130422758%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 313.72kcal (15.69%), Fat: 12.02g (18.49%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 46.76g (17%), Sugar: 30.49g (33.88%), Cholesterol: 30.3mg (10.1%), Sodium: 196.9mg (8.56%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 4.25g (8.51%), Vitamin A: 843.63IU (16.87%), Selenium: 10.92µg (15.6%), Vitamin B1: 0.21mg (13.74%), Vitamin B3: 2.48mg (12.4%), Folate: 49.43µg (12.36%), Manganese: 0.24mg (12.13%), Fiber: 2.84g (11.37%), Vitamin B2: 0.18mg (10.62%), Vitamin E: 1.44mg (9.63%), Iron: 1.64mg (9.11%), Phosphorus: 90.38mg (9.04%), Vitamin C: 7.26mg (8.8%), Calcium: 79.91mg (7.99%), Copper: 0.16mg (7.87%), Potassium: 251.47mg (7.18%), Vitamin K: 5.6µg (5.33%), Magnesium: 20.08mg (5.02%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.61mg (4.07%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.21µg (1.4%)