



Easy Peach Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



322 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup flour all-purpose
- 1 tablespoon juice of lemon
- 1 cup milk
- 4 cups peaches fresh
- 1 pinch salt
- 2 cups sugar divided
- 0.5 cup butter unsalted

Equipment

- oven
- baking pan

Directions

- Melt butter in a 13- x 9-inch baking dish.
- Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened.
- Pour batter over butter (do not stir).
- Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir).
- Sprinkle with cinnamon, if desired.
- Bake at 375 for 40 to 45 minutes or until golden brown.
- Serve cobbler warm or cool.

Nutrition Facts



Properties

Glycemic Index:31.53, Glycemic Load:37.69, Inflammation Score:-4, Nutrition Score:5.1139130333196%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 322.36kcal (16.12%), Fat: 10.41g (16.01%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 55.91g (20.33%), Sugar: 46.34g (51.49%), Cholesterol: 27.33mg (9.11%), Sodium: 150.27mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Calcium: 108.08mg (10.81%), Vitamin A: 524.07IU (10.48%), Selenium: 6.35µg (9.07%), Vitamin B1: 0.13mg (8.5%), Phosphorus: 80.83mg (8.08%), Vitamin B2: 0.13mg (7.42%), Folate: 27.21µg (6.8%), Vitamin B3: 1.27mg (6.33%), Manganese: 0.13mg (6.31%), Iron: 0.95mg (5.25%), Fiber: 1.27g (5.07%), Vitamin E: 0.74mg (4.9%), Vitamin C: 3.11mg (3.76%), Potassium: 130.44mg (3.73%), Copper: 0.07mg (3.56%), Vitamin D: 0.44µg (2.92%), Magnesium: 11.25mg (2.81%), Vitamin K: 2.75µg (2.62%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.15µg (2.52%), Zinc: 0.34mg (2.3%), Vitamin B6: 0.04mg (1.84%)