



Easy Peach Cobbler II

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



461 kcal

DESSERT

Ingredients

- 1 eggs beaten
- 0.5 cup butter melted
- 29 ounce peaches drained sliced canned
- 2 tablespoons self-rising flour
- 5 slices bread white trimmed
- 1.5 cups sugar white

Equipment

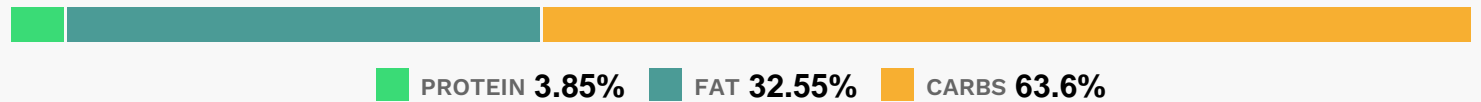
- bowl

- oven
- whisk
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the peaches into the bottom of a buttered 9 inch square baking dish.
- Cut each slice of bread into 4 strips, and place over the peaches. In a medium bowl, whisk together the sugar, flour, egg and margarine; pour over the bread.
- Bake for 35 to 45 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:48.05, Inflammation Score:-7, Nutrition Score:7.5904347533765%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 461.22kcal (23.06%), Fat: 17.24g (26.53%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 75.8g (25.27%), Net Carbohydrates: 73.21g (26.62%), Sugar: 62.54g (69.49%), Cholesterol: 27.28mg (9.09%), Sodium: 306.53mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin A: 1163.2IU (23.26%), Selenium: 11.19µg (15.98%), Manganese: 0.23mg (11.47%), Vitamin E: 1.72mg (11.46%), Vitamin B3: 2.13mg (10.65%), Fiber: 2.59g (10.36%), Vitamin B1: 0.15mg (9.68%), Folate: 35.75µg (8.94%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 74.82mg (7.48%), Iron: 1.34mg (7.45%), Copper: 0.15mg (7.29%), Vitamin C: 5.66mg (6.86%), Potassium: 212.94mg (6.08%), Calcium: 60.07mg (6.01%), Magnesium: 18.62mg (4.65%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.62mg (4.12%), Vitamin K: 4.18µg (3.98%), Vitamin B6: 0.07mg (3.42%), Vitamin B12: 0.08µg (1.4%)