



Easy Peach Kuchen

READY IN



75 min.

SERVINGS



9

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup sugar
- ☐ 0.5 cup butter melted
- ☐ 3 cups peaches fresh frozen thawed drained (and)
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 eggs
- ☐ 12 oz vanilla yogurt ()
- ☐ 0.5 teaspoon vanilla

☐ 0.5 cup pecans chopped

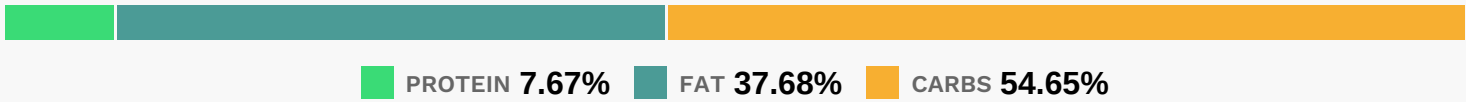
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In large bowl, mix flour, baking powder and 2 tablespoons of the sugar. Stir in butter until mixture is crumbly. On bottom and 1 1/2 inches up sides of 8-inch square glass baking dish, pat mixture evenly. Top with peaches. In small bowl, mix remaining sugar and the cinnamon; sprinkle over peaches.
- ☐ Bake 15 minutes.
- ☐ Meanwhile, in medium bowl, beat eggs, yogurt and vanilla with wire whisk until smooth.
- ☐ Pour over top of partially baked kuchen.
- ☐ Sprinkle pecans over yogurt mixture.
- ☐ Bake 40 to 50 minutes longer or until knife inserted in center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.48, Glycemic Load:32.68, Inflammation Score:-6, Nutrition Score:10.191304232763%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate:

0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 395.1kcal (19.75%), Fat: 16.86g (25.94%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 52.81g (19.2%), Sugar: 32.1g (35.67%), Cholesterol: 56.45mg (18.82%), Sodium: 183.97mg (8%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 7.73g (15.45%), Manganese: 0.54mg (26.96%), Selenium: 17.22µg (24.6%), Vitamin B1: 0.29mg (19.56%), Vitamin B2: 0.31mg (18.42%), Folate: 66.44µg (16.61%), Phosphorus: 143.63mg (14.36%), Vitamin A: 717.95IU (14.36%), Vitamin B3: 2.18mg (10.91%), Iron: 1.94mg (10.79%), Calcium: 96.09mg (9.61%), Fiber: 2.22g (8.88%), Copper: 0.17mg (8.53%), Zinc: 1.1mg (7.31%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 1.03mg (6.89%), Potassium: 227.25mg (6.49%), Magnesium: 25.92mg (6.48%), Vitamin B12: 0.34µg (5.72%), Vitamin B6: 0.08mg (4.06%), Vitamin C: 2.51mg (3.04%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.99µg (1.89%)