



French Toast-Peach Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 3 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup granulated sugar divided
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 12 large peaches ripe

- ☐ 0.3 cup stick margarine melted
- ☐ 1.5 ounce bread white hearty (such as Pepperidge Farm)

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cut an X on the bottoms of peaches, carefully cutting just through the skin. Fill a large Dutch oven with water, and bring to a boil. Immerse the peaches for 20 seconds, remove with a slotted spoon, and plunge into ice water. Slip skins off peaches using a paring knife (skin will be very loose).
- ☐ Cut peaches in half; remove pits. Slice peaches to yield 12 cups.
- ☐ Preheat oven to 35
- ☐ Combine peaches, 3/4 cup granulated sugar, and flour in a 13 x 9-inch baking dish coated with cooking spray, and let stand 30 minutes, stirring occasionally.
- ☐ Combine 1/4 cup granulated sugar, orange rind, orange juice, butter, cinnamon, and egg whites in a shallow bowl, stirring with a whisk. Trim crusts from bread; cut each slice into 2 triangles. Dip bread triangles in the orange juice mixture; arrange on top of peach mixture.
- ☐ Sprinkle turbinado sugar over bread.
- ☐ Bake at 350 for 45 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:27.14, Inflammation Score:-7, Nutrition Score:7.413913042649%

Flavonoids

Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg Catechin: 10.33mg, Catechin: 10.33mg, Catechin: 10.33mg, Catechin: 10.33mg Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 252.8kcal (12.64%), Fat: 5.63g (8.66%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 46.44g (16.89%), Sugar: 40.98g (45.53%), Cholesterol: 0mg (0%), Sodium: 120.19mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 913.73IU (18.27%), Vitamin C: 13.03mg (15.79%), Fiber: 3.42g (13.7%), Selenium: 8.94µg (12.76%), Vitamin E: 1.73mg (11.55%), Vitamin B3: 2.19mg (10.94%), Manganese: 0.19mg (9.68%), Copper: 0.18mg (9.15%), Vitamin B2: 0.15mg (8.73%), Potassium: 301.88mg (8.63%), Vitamin B1: 0.11mg (7.56%), Folate: 27.94µg (6.99%), Iron: 1.09mg (6.06%), Vitamin K: 6.34µg (6.04%), Phosphorus: 59.83mg (5.98%), Magnesium: 21.11mg (5.28%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.56mg (3.74%), Vitamin B6: 0.06mg (3.15%), Calcium: 22.42mg (2.24%)