



## Fresh Peach Cobbler

READY IN



65 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

### Ingredients

- 0.5 cup sugar
- 1 tablespoon cornstarch
- 0.3 teaspoon ground cinnamon
- 4 cups peaches fresh sliced (6 medium)
- 1 teaspoon juice of lemon
- 3 tablespoons shortening
- 1 cup flour all-purpose
- 1 tablespoon sugar
- 1.5 teaspoons double-acting baking powder

- 0.5 teaspoon salt
- 0.5 cup milk
- 1 serving cup heavy whipping cream

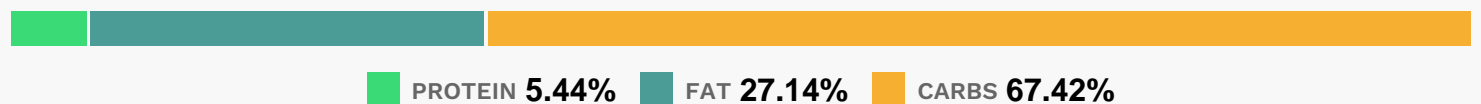
## Equipment

- bowl
- sauce pan
- oven
- blender

## Directions

- Heat oven to 400°.
- Mix 1/2 cup sugar, the cornstarch and cinnamon in 2-quart saucepan. Stir in peaches and lemon juice. Cook over medium heat stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- Pour into ungreased 2-quart casserole; keep peach mixture hot in oven.
- Cut shortening into flour, 1 tablespoon sugar, the baking powder and salt in medium bowl, using pastry blender or crisscrossing 2 knives, until mixture look like fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot peach mixture.
- Bake 25 to 30 minutes or until topping is golden brown.
- Serve warm with cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:65.07, Glycemic Load:28.7, Inflammation Score:-5, Nutrition Score:7.0034782627354%

## Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 5.05mg, Catechin: 5.05mg, Catechin: 5.05mg, Catechin: 5.05mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg

Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg,  
Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol:  
0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg,  
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol:  
0.23mg, Kaempferol: 0.23mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## **Nutrients (% of daily need)**

Calories: 274.1kcal (13.7%), Fat: 8.5g (13.07%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 47.5g (15.83%), Net  
Carbohydrates: 45.34g (16.49%), Sugar: 28.37g (31.53%), Cholesterol: 5.26mg (1.76%), Sodium: 322.53mg (14.02%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Selenium: 9.84µg (14.05%), Vitamin B1: 0.2mg  
(13.44%), Folate: 44.56µg (11.14%), Manganese: 0.22mg (11.11%), Vitamin B3: 2.08mg (10.41%), Vitamin B2: 0.17mg  
(10.07%), Calcium: 93.93mg (9.39%), Phosphorus: 89.28mg (8.93%), Fiber: 2.16g (8.65%), Iron: 1.46mg (8.1%),  
Vitamin A: 404.68IU (8.09%), Vitamin E: 1.19mg (7.94%), Vitamin K: 6.71µg (6.39%), Copper: 0.11mg (5.66%), Vitamin  
C: 4.55mg (5.52%), Potassium: 182.29mg (5.21%), Magnesium: 15.83mg (3.96%), Vitamin B5: 0.38mg (3.75%), Zinc:  
0.48mg (3.18%), Vitamin B6: 0.05mg (2.43%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.26µg (1.76%)