



Individual Peach Cobblers

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 0.8 cup flour all-purpose
- 2 tablespoons ground flax seed
- 0.3 teaspoon kosher salt
- 2 tablespoons buttermilk reduced-fat
- 8 servings non-fat vanilla yogurt frozen for serving, optional
- 2.5 pounds peaches pitted ripe cut into large chunks
- 0.5 cup sugar

3 tablespoons butter unsalted cold cut into small pieces

Equipment

bowl

baking sheet

oven

ramekin

pastry cutter

Directions

Preheat the oven to 375 degrees F. Lightly coat eight 6-ounce ramekins with nonstick cooking spray and place on a rimmed baking sheet.

Toss the peaches with the cornstarch and 2 tablespoons sugar in a large bowl.

Let stand until juicy, about 10 minutes. Divide the peaches and juices among the ramekins.

While the peaches sit, combine the flour, remaining 1/2 cup sugar, flax seed and salt.

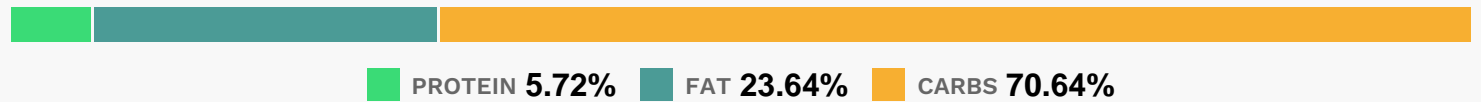
Cut in the butter, using a fork or pastry cutter, until the mixture forms medium-size crumbs. Stir in the buttermilk until well moistened and large clumps hold together.

Sprinkle the topping evenly over the peaches.

Bake until the fruit is bubbling and the topping is golden brown and crisp, 40 to 45 minutes.

Serve warm or at room temperature with vanilla yogurt or frozen yogurt if desired.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:20.11, Inflammation Score:-5, Nutrition Score:6.196086904277%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg

Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 203.56kcal (10.18%), Fat: 5.58g (8.58%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 34.57g (12.57%), Sugar: 24.8g (27.55%), Cholesterol: 11.46mg (3.82%), Sodium: 98.78mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin A: 595.18IU (11.9%), Fiber: 2.93g (11.72%), Selenium: 7.68µg (10.98%), Manganese: 0.21mg (10.58%), Vitamin B1: 0.16mg (10.44%), Vitamin B3: 1.89mg (9.47%), Folate: 31.91µg (7.98%), Vitamin E: 1.17mg (7.81%), Copper: 0.15mg (7.58%), Vitamin C: 5.87mg (7.11%), Vitamin B2: 0.12mg (6.85%), Iron: 1.14mg (6.34%), Phosphorus: 60.99mg (6.1%), Potassium: 208.86mg (5.97%), Magnesium: 21.48mg (5.37%), Vitamin K: 4.75µg (4.52%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.05mg (2.54%), Calcium: 19.21mg (1.92%)