



Kelley's Peach Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



1153 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 cup flour all-purpose
- 0.5 cup milk
- 16 ounce peaches frozen
- 0.3 teaspoon salt
- 0.5 cup water
- 1 cup sugar white

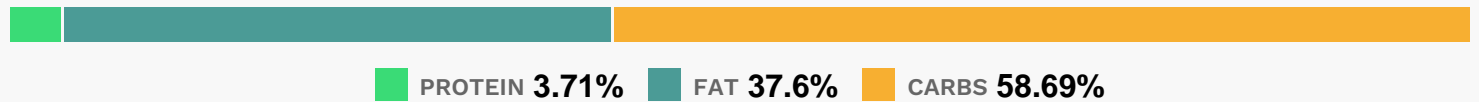
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread melted butter in a 2-quart baking dish.
- Heat peaches, 2/3 cup sugar, and water in a saucepan over medium-high heat, stirring occasional, until slightly thickened, about 5 minutes; remove from heat.
- Mix flour, 1 cup sugar, milk, baking powder, and salt in a bowl until batter is combined; pour over melted butter in baking dish. Arrange peaches over the batter and pour any remaining liquid on top.
- Bake in preheated oven until golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:182.67, Glycemic Load:114.02, Inflammation Score:-9, Nutrition Score:19.800434775974%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 1152.84kcal (57.64%), Fat: 49.52g (76.19%), Saturated Fat: 30.44g (190.28%), Carbohydrates: 173.91g (57.97%), Net Carbohydrates: 168.82g (61.39%), Sugar: 121.97g (135.52%), Cholesterol: 129.33mg (43.11%), Sodium:

1031.46mg (44.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (22.01%), Vitamin A: 2256.36IU (45.13%), Selenium: 28.28µg (40.4%), Vitamin B1: 0.58mg (38.8%), Folate: 129.69µg (32.42%), Vitamin B2: 0.5mg (29.5%), Calcium: 286.33mg (28.63%), Manganese: 0.57mg (28.61%), Vitamin B3: 5.61mg (28.03%), Phosphorus: 258.36mg (25.84%), Iron: 4.07mg (22.59%), Fiber: 5.1g (20.38%), Vitamin E: 3.04mg (20.27%), Copper: 0.28mg (14.22%), Potassium: 451.35mg (12.9%), Vitamin C: 9.3mg (11.27%), Vitamin K: 11.15µg (10.62%), Magnesium: 41.76mg (10.44%), Vitamin B5: 0.91mg (9.11%), Zinc: 1.28mg (8.52%), Vitamin B12: 0.43µg (7.1%), Vitamin B6: 0.12mg (6.16%), Vitamin D: 0.67µg (4.47%)