

Lazy Peach Cobbler

 Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 29 1 (29 ounce) can sliced peaches sliced canned
- ☐ 1 cup sugar white

Equipment

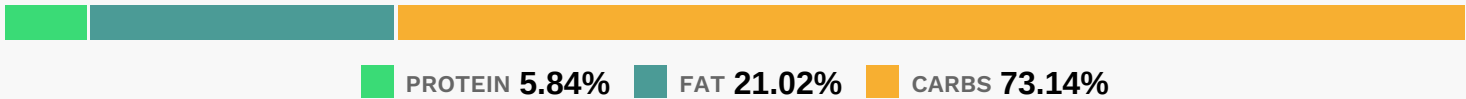
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Once oven reaches desired temperature, melt margarine in a glass 9x13 baking pan.
- ☐ In a large bowl, combine flour, sugar and baking powder.
- ☐ Pour reserved peach juice into dry ingredients and stir until smooth.
- ☐ Remove glass pan from oven and pour batter in starting in the center; batter will then spread itself over entire pan.
- ☐ Add peaches by placing them in center of pan; allow them to spread on their own.
- ☐ Bake cobbler in preheated oven for 20 to 25 minutes, or until brown on top. Do not overcook.

Nutrition Facts



Properties

Glycemic Index:18.49, Glycemic Load:28.62, Inflammation Score:-8, Nutrition Score:10.120000056598%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Catechin: 14.27mg, Catechin: 14.27mg, Catechin: 14.27mg, Catechin: 14.27mg Epigallocatechin: 3.02mg, Epigallocatechin: 3.02mg, Epigallocatechin: 3.02mg, Epigallocatechin: 3.02mg Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 288.35kcal (14.42%), Fat: 7.08g (10.89%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 50.63g (18.41%), Sugar: 37.68g (41.87%), Cholesterol: 0mg (0%), Sodium: 137.79mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin A: 1216.06IU (24.32%), Fiber: 4.8g (19.2%), Selenium: 11.82µg (16.89%), Vitamin B3: 3.32mg (16.62%), Vitamin E: 2.36mg (15.74%), Manganese: 0.29mg (14.56%), Vitamin C: 11.91mg (14.43%), Vitamin B1: 0.2mg (13.41%), Copper: 0.25mg (12.56%), Folate: 47.98µg (11.99%), Potassium: 375.13mg (10.72%), Vitamin B2: 0.18mg (10.45%), Iron: 1.8mg (9.97%), Phosphorus: 89.38mg (8.94%), Vitamin K: 8.75µg (8.33%), Magnesium: 27.17mg (6.79%), Zinc: 0.79mg (5.23%), Vitamin B5: 0.52mg

(5.23%), Vitamin B6: 0.08mg (4.03%), Calcium: 32.17mg (3.22%)