



Mama's Texas-Style Peach Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



555 kcal

DESSERT

Ingredients

- 1 cup butter melted
- 1 cup milk
- 28 ounce cling peaches in heavy syrup sliced canned
- 1 cup self-rising flour
- 1 cup sugar white

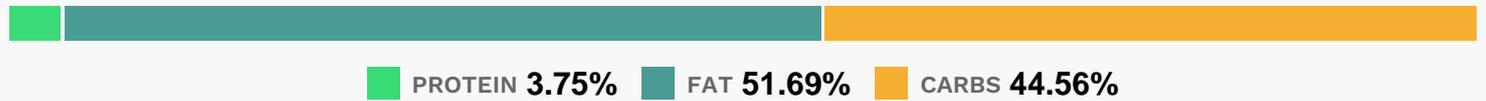
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix self-rising flour and sugar in a bowl. Stir milk into the flour mixture.
- Pour melted butter in an oven-safe bowl.
- Pour flour mixture over melted butter.
- Layer peaches in heavy syrup atop flour mixture. Do not stir!
- Bake in preheated oven until peaches are bubbly and crust is lightly browned, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:44.22, Glycemic Load:38.37, Inflammation Score:-7, Nutrition Score:7.7726086637248%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 554.77kcal (27.74%), Fat: 32.79g (50.45%), Saturated Fat: 20.28g (126.74%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 61.11g (22.22%), Sugar: 46.41g (51.57%), Cholesterol: 86.22mg (28.74%), Sodium: 276.67mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Vitamin A: 1443.04IU (28.86%), Selenium: 12.4µg (17.71%), Vitamin E: 1.95mg (12.98%), Manganese: 0.25mg (12.43%), Phosphorus: 99.47mg (9.95%), Fiber: 2.48g (9.94%), Vitamin B2: 0.13mg (7.58%), Potassium: 252.98mg (7.23%), Copper: 0.14mg (7.19%), Calcium: 67.85mg (6.79%), Vitamin B3: 1.33mg (6.67%), Vitamin C: 5.42mg (6.57%), Vitamin K: 6.8µg (6.48%), Magnesium: 21.43mg (5.36%), Vitamin B1: 0.07mg (4.87%), Vitamin B5: 0.49mg (4.87%), Vitamin B12: 0.28µg (4.73%), Zinc: 0.69mg (4.57%), Folate: 15.95µg (3.99%), Iron: 0.66mg (3.68%), Vitamin B6: 0.07mg (3.34%), Vitamin D: 0.45µg (2.98%)