



My Bottom-Up Peach Cobbler

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

395 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pinch ground nutmeg to taste
- ☐ 0.8 cup milk
- ☐ 28 ounce peaches with juice sliced canned
- ☐ 0.8 cup self-rising flour
- ☐ 1 cup sugar white

Equipment

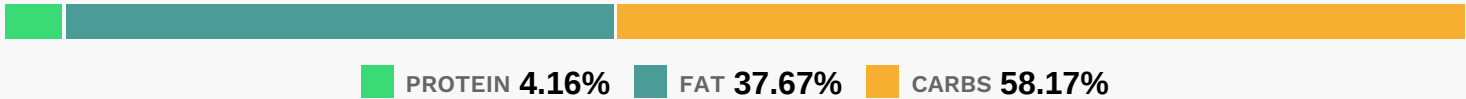
- ☐ oven

- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the butter into a 8x8-inch baking dish, and place into the oven until melted. Stir the sugar, nutmeg, and self-rising flour together in a mixing bowl. Stir in the milk until no lumps remain.
- ☐ Pour the batter over the melted butter in the baking dish. Do not stir. Spoon the sliced peaches over top; gently pour in the juice.
- ☐ Return to the oven, and bake until the batter has firmed and the cobbler has risen a bit, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:55.89, Glycemic Load:35.77, Inflammation Score:-6, Nutrition Score:6.3539131102355%

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: 395.1kcal (19.76%), Fat: 17.1g (26.31%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 57.02g (20.73%), Sugar: 45.94g (51.05%), Cholesterol: 44.33mg (14.78%), Sodium: 151.1mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin A: 953.91IU (19.08%), Selenium: 9.95µg (14.22%), Manganese: 0.21mg (10.59%), Vitamin E: 1.48mg (9.88%), Fiber: 2.39g (9.58%), Phosphorus: 79.96mg (8%), Copper: 0.14mg (6.8%), Vitamin C: 5.43mg (6.58%), Potassium: 228.57mg (6.53%), Vitamin B3: 1.26mg (6.32%), Vitamin B2: 0.11mg (6.2%), Vitamin K: 5.43µg (5.17%), Calcium: 50.33mg (5.03%), Magnesium: 18.83mg (4.71%), Vitamin B1: 0.06mg (4.19%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.59mg (3.91%), Folate: 13.79µg (3.45%), Iron: 0.62mg (3.42%), Vitamin B12: 0.2µg (3.28%), Vitamin B6: 0.06mg (2.91%), Vitamin D: 0.34µg (2.24%)