



No. 1 Fruit Stand Peach Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 8 servings ice cream
- ☐ 0.7 cup milk
- ☐ 3 pounds peaches ripe
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla

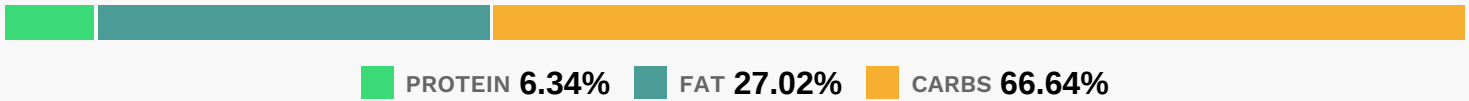
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prep and cook time: About 1 hour
- ☐ Peel and pit peaches and slice into 1/2-inch-thick wedges, dropping slices into a shallow 2- to 3-quart oval or other baking dish. Gently mix in 1/3 cup sugar; taste, and add a little more sugar if desired.
- ☐ In a bowl, beat butter and remaining 1/3 cup sugar until well blended. Stir in 1/3 cup milk.
- ☐ In another bowl, mix 1 cups flour, baking powder, and salt.
- ☐ Add to butter mixture with another 1/3 cup milk and stir to combine. Batter should be stiff and sticky; if too dry, add a little more milk; if runny, add flour. Stir in vanilla.
- ☐ Drop batter by tablespoonfuls evenly over prepared fruit (some fruit will show through).
- ☐ Bake in a 350 oven until top is browned and fruit is bubbling, 35 to 40 minutes.
- ☐ Serve warm or at room temperature: scoop into bowls and drizzle cream over each serving if desired.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:31.2, Inflammation Score:-7, Nutrition Score:9.5504347448764%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

0.37mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 311.45kcal (15.57%), Fat: 9.65g (14.84%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 50.33g (18.3%), Sugar: 32.45g (36.05%), Cholesterol: 26.92mg (8.97%), Sodium: 216.07mg (9.39%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.09g (10.18%), Vitamin A: 895.42IU (17.91%), Selenium: 12.49µg (17.85%), Vitamin B1: 0.24mg (15.96%), Vitamin B3: 2.79mg (13.95%), Vitamin B2: 0.23mg (13.51%), Folate: 53.8µg (13.45%), Calcium: 134.43mg (13.44%), Manganese: 0.27mg (13.33%), Fiber: 3.19g (12.75%), Phosphorus: 125.71mg (12.57%), Iron: 1.86mg (10.31%), Vitamin E: 1.49mg (9.9%), Vitamin C: 7.06mg (8.56%), Copper: 0.17mg (8.5%), Potassium: 279.56mg (7.99%), Magnesium: 22.79mg (5.7%), Vitamin K: 5.96µg (5.68%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.68mg (4.53%), Vitamin B6: 0.07mg (3.54%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.14µg (2.33%)