



Old Fashioned Peach Cobbler

READY IN



130 min.

SERVINGS



18

CALORIES



215 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 1 tablespoon cornstarch
- 1 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.3 cup juice of lemon
- 0.8 cup orange juice
- 3 pounds peaches fresh pitted peeled sliced

- 1 teaspoon salt
- 1 cup shortening
- 0.3 cup water cold
- 1 tablespoon sugar white

Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- blender
- baking pan

Directions

- In a medium bowl, sift together the flour, 3 tablespoons sugar, and salt. Work in the shortening with a pastry blender until the mixture resembles coarse crumbs. In a small bowl, whisk together the egg and cold water.
- Sprinkle over flour mixture, and work with hands to form dough into a ball. Chill 30 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll out half of dough to 1/8 inch thickness.
- Place in a 9x13 inch baking dish, covering bottom and halfway up sides.
- Bake for 20 minutes, or until golden brown.
- In a large saucepan, mix the peaches, lemon juice, and orange juice.
- Add 1/2 cup butter, and cook over medium-low heat until butter is melted. In a mixing bowl, stir together 2 cups sugar, nutmeg, cinnamon, and cornstarch; mix into peach mixture.
- Remove from heat, and pour into baked crust.
- Roll remaining dough to a thickness of 1/4 inch.
- Cut into half-inch-wide strips. Weave strips into a lattice over peaches.

- Sprinkle with 1 tablespoon sugar, and drizzle with 1 tablespoon melted butter.
- Bake in preheated oven for 35 to 40 minutes, or until top crust is golden brown.

Nutrition Facts

PROTEIN 5.27%

FAT 52.05%

CARBS 42.68%

Properties

Glycemic Index:20.13, Glycemic Load:13.23, Inflammation Score:-4, Nutrition Score:5.7026087551013%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 214.92kcal (10.75%), Fat: 12.68g (19.51%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.69g (7.89%), Sugar: 8.04g (8.93%), Cholesterol: 10.77mg (3.59%), Sodium: 148.66mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Selenium: 8.27µg (11.81%), Vitamin C: 9.58mg (11.62%), Vitamin B1: 0.17mg (11.2%), Folate: 41.31µg (10.33%), Manganese: 0.19mg (9.43%), Vitamin E: 1.32mg (8.77%), Vitamin B3: 1.68mg (8.42%), Vitamin K: 8.49µg (8.08%), Vitamin B2: 0.12mg (7.32%), Fiber: 1.71g (6.83%), Iron: 1.15mg (6.4%), Vitamin A: 300.34IU (6.01%), Copper: 0.09mg (4.63%), Phosphorus: 42.68mg (4.27%), Potassium: 139.25mg (3.98%), Vitamin B5: 0.33mg (3.32%), Magnesium: 11.73mg (2.93%), Zinc: 0.34mg (2.26%), Vitamin B6: 0.04mg (1.84%)