



Patchwork Cobbler

READY IN



45 min.

SERVINGS



12

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup butter melted
- ☐ 1 cup butter cold cut into pieces
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 3 tablespoons granulated sugar

- ☐ 3 tablespoons rum
- ☐ 8 cups peaches firm ripe peeled sliced (7 large or 3 lb.)
- ☐ 12 servings pie crust dough
- ☐ 6 cups plums red sliced (9 medium or 2 lb.)
- ☐ 12 servings sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

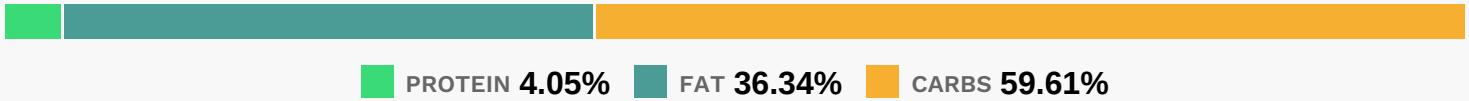
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Prepare Crust: Stir together first 3 ingredients in a large bowl.
- ☐ Cut 1 cup butter into flour mixture with a pastry blender until mixture resembles coarse meal.
- ☐ Whisk together egg yolk and milk; stir into flour mixture just until dough starts to form a ball. Shape dough into a flat disk using lightly floured hands. Wrap disk in plastic wrap, and chill 1 to 24 hours.
- ☐ Prepare Filling: Preheat oven to 42
- ☐ Place peaches and next 3 ingredients in a large bowl. Stir together 1 3/4 cups sugar and 1/2 cup flour; sprinkle over peach mixture, and gently stir. Spoon into a lightly greased 13- x 9- inch or shallow 3-qt. baking dish.
- ☐ Drizzle with melted butter.
- ☐ Place dough disk on a lightly floured surface; sprinkle with flour.

- ☐ Place a piece of plastic wrap over dough disk. (This makes the dough easier to roll.)
- ☐ Roll dough to 1/8-inch to 1/4-inch thickness; cut into 2-inch squares. Arrange squares in a patchwork pattern over peach mixture, leaving openings for steam to escape.
- ☐ Whisk together egg and 2 Tbsp. water; brush dough with egg mixture.
- ☐ Sprinkle with sanding sugar or sparkling sugar.
- ☐ Bake on lowest oven rack at 425 for 40 to 55 minutes or until crust is deep golden and peach mixture is bubbly, shielding edges with foil during last 5 to 10 minutes to prevent excessive browning.
- ☐ Transfer to a wire rack; cool 1 hour.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:53.15, Inflammation Score:-8, Nutrition Score:12.159565205159%

Flavonoids

Cyanidin: 8.7mg, Cyanidin: 8.7mg, Cyanidin: 8.7mg, Cyanidin: 8.7mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5.26mg, Peonidin: 5.26mg, Peonidin: 5.26mg, Peonidin: 5.26mg Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg, Catechin: 8.74mg Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg, Epigallocatechin: 1.43mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 647.72kcal (32.39%), Fat: 26.47g (40.73%), Saturated Fat: 14.23g (88.96%), Carbohydrates: 97.72g (32.57%), Net Carbohydrates: 93.2g (33.89%), Sugar: 63.53g (70.58%), Cholesterol: 81.64mg (27.21%), Sodium: 308.65mg (13.42%), Alcohol: 1.48g (100%), Alcohol %: 0.56% (100%), Protein: 6.64g (13.29%), Vitamin A: 1266.69IU (25.33%), Manganese: 0.47mg (23.3%), Vitamin B1: 0.33mg (21.69%), Selenium: 14.79µg (21.13%), Folate: 79.03µg (19.76%), Fiber: 4.52g (18.09%), Vitamin C: 14.44mg (17.5%), Vitamin B3: 3.4mg (17.01%), Vitamin B2: 0.27mg (15.99%), Vitamin K: 16.43µg (15.65%), Iron: 2.46mg (13.67%), Vitamin E: 1.85mg (12.31%), Phosphorus: 101.81mg

(10.18%), Copper: 0.2mg (10.15%), Potassium: 337.17mg (9.63%), Magnesium: 25.51mg (6.38%), Vitamin B5: 0.63mg (6.32%), Zinc: 0.75mg (5%), Vitamin B6: 0.1mg (4.87%), Calcium: 28.86mg (2.89%), Vitamin B12: 0.1µg (1.75%), Vitamin D: 0.16µg (1.07%)