



Peach and Raspberry Cobbler

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 2.5 cups peaches fresh sliced
- ☐ 2 cups raspberries fresh
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon nutmeg
- ☐ 0.5 cup milk
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons brown sugar packed

☐ 2 cups frangelico

Equipment

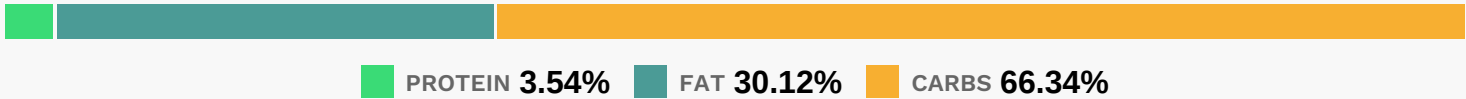
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 375°F. Lightly butter bottom and side of 9x1 1/2-inch deep-dish pie plate or 2-quart casserole.
- ☐ Mix peaches, raspberries, granulated sugar, cornstarch and nutmeg in large bowl.
- ☐ Let stand 10 minutes. Spoon into pie plate.
- ☐ Stir together remaining ingredients in same bowl until dough forms. Drop dough by spoonfuls onto fruit mixture.
- ☐ Bake 25 to 30 minutes or until fruit is bubbly and topping is deep golden brown and thoroughly baked.

Nutrition Facts



Properties

Glycemic Index:30.54, Glycemic Load:11.13, Inflammation Score:-4, Nutrition Score:4.0378260975299%

Flavonoids

Cyanidin: 14.65mg, Cyanidin: 14.65mg, Cyanidin: 14.65mg, Cyanidin: 14.65mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 147.36kcal (7.37%), Fat: 5.17g (7.95%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 22.89g (8.32%), Sugar: 21.55g (23.95%), Cholesterol: 1.83mg (0.61%), Sodium: 62.95mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Manganese: 0.24mg (12.06%), Vitamin C: 9.85mg (11.94%), Fiber: 2.73g (10.93%), Vitamin A: 379.54IU (7.59%), Vitamin E: 0.78mg (5.22%), Potassium: 134.24mg (3.84%), Phosphorus: 36.68mg (3.67%), Vitamin K: 3.83µg (3.65%), Copper: 0.07mg (3.5%), Magnesium: 13.19mg (3.3%), Calcium: 32.85mg (3.29%), Vitamin B2: 0.05mg (3.05%), Vitamin B3: 0.59mg (2.96%), Vitamin B5: 0.24mg (2.38%), Folate: 9.46µg (2.36%), Iron: 0.41mg (2.28%), Selenium: 1.5µg (2.15%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (2%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.17µg (1.12%)