



Peach Berry Cobbler

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup blueberries fresh
- 0.3 cup brown sugar packed
- 1 tablespoon butter
- 1 tablespoon cornstarch
- 1 cup flour all-purpose
- 2 tablespoons coarse granulated sugar
- 0.3 teaspoon ground nutmeg

- 1 tablespoon juice of lemon
- 0.5 cup milk
- 3 cups peaches fresh pitted peeled sliced
- 0.5 cup water cold
- 0.5 cup sugar white

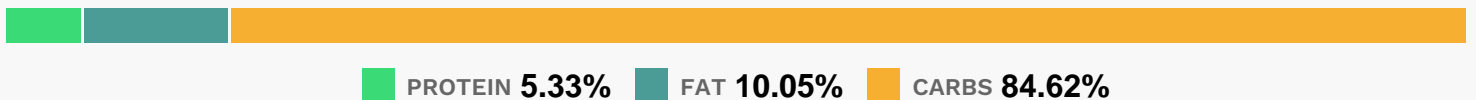
Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together flour, 1/2 cup white sugar, and baking powder.
- Mix in milk and 1/4 cup butter until smooth.
- In a medium saucepan, stir together the brown sugar, cornstarch, and water.
- Mix in the peaches and blueberries. Cook and stir over medium heat until thick and bubbly.
- Mix in 1 tablespoon butter and lemon juice. Continue cooking until the butter melts.
- Pour into a 1 1/2 quart ungreased baking dish. Evenly spoon batter in mounds over the hot fruit. In a small bowl, mix the coarse sugar and nutmeg, and sprinkle over the batter.
- Place the baking dish on a shallow baking pan in the preheated oven.
- Bake cobbler for about 35 minutes, or until bubbly and a toothpick inserted into the crust comes out clean.

Nutrition Facts



Properties

Glycemic Index:68.18, Glycemic Load:22.81, Inflammation Score:-4, Nutrition Score:5.3395652667336%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 204.12kcal (10.21%), Fat: 2.35g (3.62%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 42.85g (15.58%), Sugar: 29.67g (32.96%), Cholesterol: 5.59mg (1.86%), Sodium: 107.49mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Manganese: 0.21mg (10.61%), Vitamin B1: 0.15mg (10.18%), Selenium: 7.04µg (10.06%), Folate: 33.71µg (8.43%), Calcium: 75.56mg (7.56%), Vitamin B2: 0.13mg (7.5%), Vitamin B3: 1.49mg (7.46%), Fiber: 1.76g (7.05%), Phosphorus: 64.74mg (6.47%), Iron: 1.12mg (6.23%), Vitamin C: 4.89mg (5.93%), Vitamin A: 266.87IU (5.34%), Vitamin K: 5.52µg (5.26%), Copper: 0.09mg (4.32%), Vitamin E: 0.59mg (3.92%), Potassium: 136.5mg (3.9%), Magnesium: 12.26mg (3.06%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.34mg (2.29%), Vitamin B6: 0.04mg (2.2%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.17µg (1.12%)