

## Peach Cobbler

READY IN



70 min.

SERVINGS



8

CALORIES



479 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 2 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 58 ounces peaches sliced canned
- 6 tablespoons cooking tapioca

- 0.1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 8 servings whipped cream

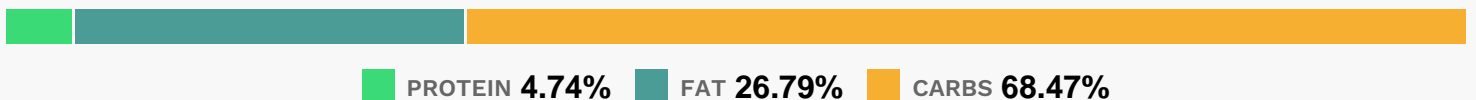
## Equipment

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

## Directions

- Drain peaches, reserving 1/2 cup syrup for the sauce. In a large bowl, combine peaches, brown sugar, tapioca, cinnamon if desired, lemon juice and vanilla.
- Transfer to an ungreased 11-in. x 7-in. baking dish.
- Let stand for 15 minutes.
- In a large bowl, combine the flour, sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Stir in eggs. Drop by spoonfuls onto peach mixture; spread evenly.
- Bake at 350° for 50–55 minutes or until filling is bubbly and a toothpick inserted in topping comes out clean. Cool for 10 minutes.
- In a small saucepan, combine the brown sugar, flour, salt, butter and reserved peach syrup. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened.
- Remove from the heat; add lemon juice.
- Serve with cobbler and ice cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:49.17, Glycemic Load:34.95, Inflammation Score:-7, Nutrition Score:10.034782575524%

## Flavonoids

Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg Catechin: 10.11mg, Catechin: 10.11mg, Catechin: 10.11mg, Catechin: 10.11mg Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 479.23kcal (23.96%), Fat: 14.72g (22.65%), Saturated Fat: 8.52g (53.23%), Carbohydrates: 84.68g (28.23%), Net Carbohydrates: 80.94g (29.43%), Sugar: 69.74g (77.49%), Cholesterol: 85.21mg (28.4%), Sodium: 234.33mg (10.19%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 5.86g (11.72%), Vitamin A: 1185.54IU (23.71%), Vitamin B2: 0.29mg (17.06%), Phosphorus: 152.02mg (15.2%), Fiber: 3.74g (14.96%), Calcium: 144.7mg (14.47%), Selenium: 9.92µg (14.16%), Vitamin E: 1.99mg (13.27%), Vitamin C: 10.28mg (12.47%), Potassium: 425.56mg (12.16%), Manganese: 0.2mg (10.09%), Copper: 0.2mg (9.81%), Vitamin B3: 1.88mg (9.4%), Vitamin B5: 0.91mg (9.07%), Zinc: 1.1mg (7.36%), Magnesium: 29.37mg (7.34%), Iron: 1.23mg (6.83%), Vitamin K: 6.98µg (6.64%), Vitamin B1: 0.1mg (6.46%), Folate: 25.35µg (6.34%), Vitamin B12: 0.37µg (6.12%), Vitamin B6: 0.11mg (5.53%), Vitamin D: 0.35µg (2.35%)