



Peach Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



501 kcal

DESSERT

Ingredients

- 3 tablespoons almond liqueur
- 2 teaspoons double-acting baking powder
- 2 cups brown sugar
- 1 stick butter chilled cubed
- 0.8 cup buttermilk
- 3 tablespoons cornstarch
- 1 egg white for washing
- 2 cups flour

- 0.3 cup granulated sugar for the top
- 0.5 cup granulated sugar
- 1 teaspoon nutmeg
- 10 peaches ripe
- 0.5 teaspoon salt

Equipment

- bowl
- oven
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- In a large bowl, combine the peaches, liqueur, nutmeg, brown sugar, granulated sugar and corn starch.
- Mix together.
- Pour mixture into a 13-inch-by-9-inch casserole dish
- Combine the flour, sugar, salt, and baking powder in a large bowl and mix.
- Cut in the butter with a fork until the dough resembles sand. Slowly add the buttermilk until the dough comes together. You may not need all of the buttermilk.
- Place the dough on a floured surface and knead it into a 13-inch-by-9-inch rectangle about 1/2-inch thick and place over the peach filling. Use egg white as a wash, brushing on top of dough.
- Sprinkle the 1 1/2-tablespoons of sugar on top. Cook the cobbler until the top is golden brown, about 40 minutes.

Nutrition Facts



PROTEIN 4.38% **FAT 20.97%** **CARBS 74.65%**

Properties

Glycemic Index:50.84, Glycemic Load:30.01, Inflammation Score:-6, Nutrition Score:10.270000022391%

Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 500.68kcal (25.03%), Fat: 12.03g (18.51%), Saturated Fat: 6.38g (39.9%), Carbohydrates: 96.4g (32.13%), Net Carbohydrates: 93.03g (33.83%), Sugar: 71.4g (79.33%), Cholesterol: 26.27mg (8.76%), Sodium: 330.36mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Selenium: 13.82µg (19.74%), Manganese: 0.37mg (18.39%), Vitamin B1: 0.25mg (16.55%), Vitamin A: 801.32IU (16.03%), Vitamin B2: 0.26mg (15.01%), Folate: 58.02µg (14.51%), Vitamin E: 2.15mg (14.35%), Vitamin B3: 2.87mg (14.34%), Fiber: 3.36g (13.46%), Calcium: 125.61mg (12.56%), Iron: 2.22mg (12.32%), Phosphorus: 112.92mg (11.29%), Copper: 0.21mg (10.71%), Potassium: 323.42mg (9.24%), Magnesium: 32.57mg (8.14%), Vitamin C: 6.16mg (7.46%), Vitamin K: 5.42µg (5.16%), Vitamin B5: 0.5mg (4.98%), Zinc: 0.71mg (4.76%), Vitamin B6: 0.08mg (3.9%), Vitamin B12: 0.1µg (1.75%), Vitamin D: 0.23µg (1.56%)